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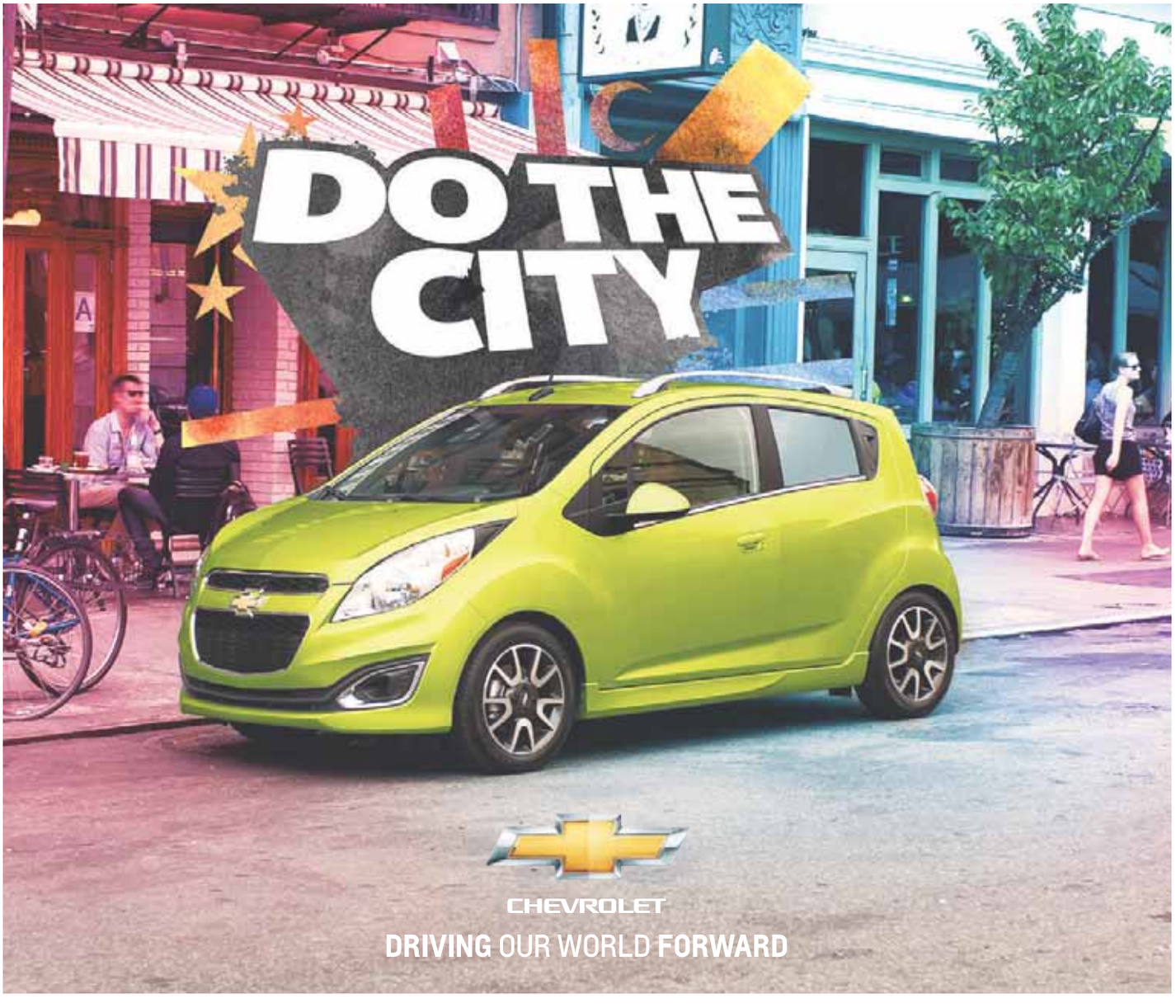

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Chicken two ways

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SHEEPDOGS OFFER NEW TRICKS

SASKATCHEWAN ROCKERS AIM TO EXCEED EXPECTATIONS WITH FOURTH ALBUM PAGE 21

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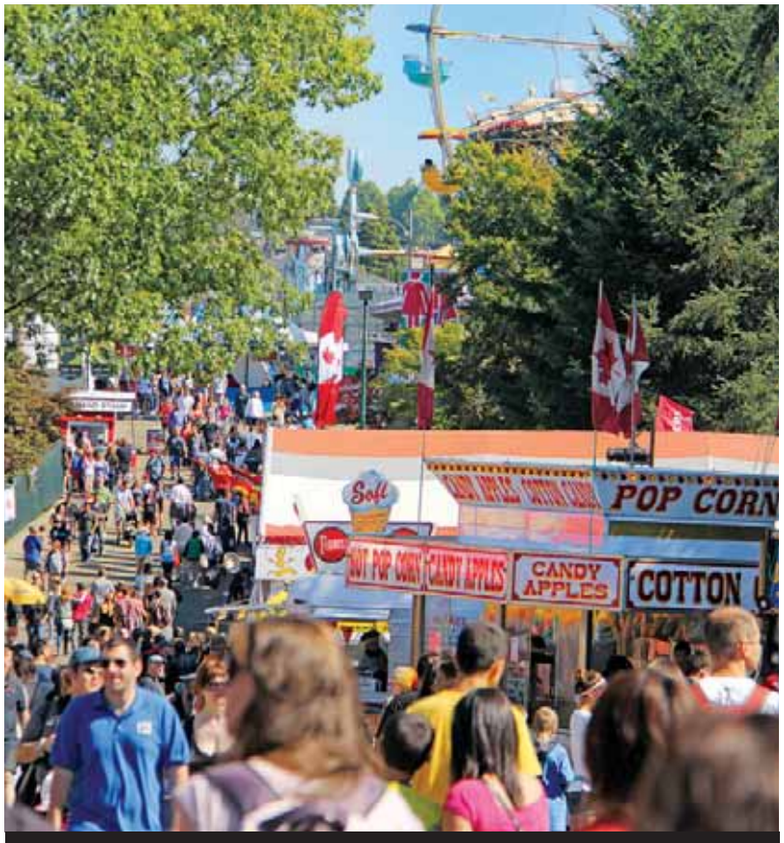

SUMMER'S OUT, SCHOOL'S IN

Crowds soak up the sun and enjoy the last day of the Fair at the PNE on Monday. More than 800,000 people came to the PNE this year to enjoy traditional fun and new attractions including the Star Trek exhibit and Family Feud Live. The end of one of Vancouver's best-loved traditions means summer is over and it's back to school for students.

PHYLICIA TORREVILLAS/METRO

Heat is on during post-Labour Day transit crush

TransLink. Officials ratcheting up fare enforcement

Looking for a smoother commute?

Tips on surviving the post-Labour Day crunch:

- Have fares ready for inspection.
- Adjust personal commute to avoid rush hours.
- Give up seats for seniors and those with disabilities.
- Step back from doors, let passengers off first and move to the back.

SOURCE: TRANSLINK

The first week of September is usually the busiest on TransLink's calendar.

So, as students and commuters return to their daily grind after the summer holidays and pack themselves onto public transit, what better time to roll out stiff new fare enforcement?

Beginning Tuesday, a new fare-collection bylaw is in effect that allows Transit Police and now security guards to issue fines starting at $173.

Under the new bylaw, the fine could rise to $273 if not paid within a year and ICBC has the right to refuse driver-licence or insurance renewals for unpaid tickets.

"Our goal is to ensure everyone is paying their fare share across the board," said TransLink COO Doug Kelsey. Fare-paying riders "can be assured that we're taking action against those who choose not to pay their fare."

TransLink has set up a new website — translink.ca/fare-infraction — outlining the new enforcement measures.

The transportation authority has also set up a Fare Infraction Administration office now that fines are dealt with under the South Coast British Columbia Transportation Authority Act, instead of provincial statutes. MATT KIELTYKA/METRO

Climbing duo aiming high

Elderly B.C. couple want to become the oldest climbers to scale Mount Kilimanjaro PAGE 4

Green Mile star dies at 54

Oscar nominee Michael Clarke Duncan never recovered from July heart attack PAGE 10

Raonic ousted in New York

Rising Canadian tennis star gets schooled by Andy Murray at U.S. Open PAGE 35

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Education

New school year a leap into the unknown for teachers

British Columbia's teachers are welcoming students back into their classrooms — and extra-curricular programs — Tuesday with open arms but are unsure how their relationship with government will play out.

Inside the classroom, everything will be back to normal at public schools after the B.C. Teachers' Federation (BCTF) reached a mediated agreement with the government that has put an end to job action seen in 2011.

"Teachers are excited," said BCTF president Susan Lambert. "It's a new year, they're gearing up and getting ready."

Outside school, the union has no idea what to expect heading into a bargaining year.

Not only will bargaining — slated to start in March — be interrupted by the May 14 provincial election, the current government is in a state of flux.

Education Minister George Abbott announced last week that he will not seek re-election and his portfolio is expected to be taken over by a new minister soon, after Christy Clark confirmed a "renewal" of cabinet is imminent.

Lambert isn't holding her breath that relations between the BCTF will improve with a new minister at the wheel.

"I was very hopeful George Abbott would be different and I thought we'd have a different relationship," she said. "In the end, he wasn't much different than those that came before him and ... was tied to the government's education platform." MATT KIELTYKA/METRO

More than 300 people gather for the Labour Day picnic at Trout Lake Monday. PHYLICIA TORREVILLAS/METRO

Full steam ahead for labour movement

Job action. An estimated 27,000 government workers prepare for walkout on Wednesday

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

B.C.'s labour movement is going strong and shows no signs of slowing down, says the president of the B.C. Federation of Labour.

Jim Sinclair said it's been an uphill battle for unionized workers, but the movement is not backing down on its fight for decent wages and the protection of jobs.

"We've had a tough grind," he said Monday during an annual Labour Day picnic at Trout Lake. "No doubt about it, not just unionized workers. Everybody's seen their incomes go down and they're struggling to make ends meet. It's been a tough season, but I think it's starting to turn.

"We're still here kicking, screaming, and fighting hard to make sure that everybody gets a fair deal, a safe job, a job that pays a decent wage, and a pension plan to retire with dignity," he added.

Nearly 27,000 government workers are preparing for a one-day walkout Wednesday. Sinclair said that most British Columbians support public-sector workers in their job action.

A poll, commissioned by the B.C. Federation of Labour and released late last week, shows that more than half of the nearly 900 British Columbians surveyed are in support of public-sector unions considering job action.

Survey says

50%

More than half of those surveyed in a poll commissioned by the B.C. Federation of Labour are in support of public-sector unions considering job action.

The Wednesday walkout is expected to impact government offices as well as liquor stores and some ICBC offices.

Sinclair said there could be more job action if the government doesn't act and bargain fairly.

"There are 150,000 workers watching this to see whether or not it's going to progress and they're also in the position to make strike votes," he added.

These include workers in the health-care and education sectors.

Sinclair also believes that unions are important and still relevant.

"We are absolutely relevant to every working person in this province who wants a decent life for themselves and their kids," he said. "The people who say that were not relevant are usually people who make five times as much money as we do and actually want us all to go away so they can make more money."

1 NEWS

Mobile news

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Smart meters. Human rights complaint over BC Hydro approved

B.C.'s Human Rights Tribunal has accepted a complaint from a group that accuses BC Hydro of discriminating against people with certain medical conditions and disabilities.

The group, known as Citizens for Safe Technology, says it does not want smart meters installed. It says its members have electromagnetic hypersensitivity or other disabilities and doctors have advised them to avoid wireless technology.

The group says it has contacted BC Hydro about its concerns, and claims the utility did not accommodate its request for wired meters instead.

BC Hydro says the complaint does not qualify as a human rights violation and accuses the group of lobbying on behalf of health preferences and for political motivations.

The company has said the smart metres are an essential upgrade that will improve public safety and monitoring of electricity consumption.

Although the tribunal has approved the complaint, it says the types of disabilities and medical conditions claimed to be affected by smart meters must to be narrowed before the case can proceed.

THE CANADIAN PRESS

Study. Student aims to raise funds to create safe haven for gay retirees

A grad student wants to try to give gay and lesbian retirees in B.C. a comfortable place to spend their golden years.

Alex Sangha is trying to raise $25,000 dollars for a feasibility study for a retirement home catering to the gay community.

It's part of his masters degree in social work at Nova Scotia's Dalhousie University.

Sangha, who is from Vancouver, says gays and lesbians often face and fear discrimination in retirement homes, forcing them to go back into the closet during their twilight years.

Many gays, lesbians and transgendered retirees don't have family to rely upon for support and comfort, leading to depression and even suicide, Sangha said in a phone interview.

"There's a lot of risk of alienation and isolation and loneliness," he said.

Richard Sullivan, an associate professor at UBC's school of social work, said the problem extends beyond loneliness and is actually putting the safety of elderly members of the gay community at risk.

"For fear of prejudice (gays and lesbians) are avoiding aggregate care to the point where they probably should be using it, where they're no longer safe in their own home."

Sullivan said such infrastructure for the gay community is lacking because of the effect AIDS had on the population.

"The wealth of the gay and lesbian community is greatly diminished by the fact that baby boomer men in that community perished at a rate of 50 per cent through the AIDS epidemic," said Sullivan.

According to Sangha, staying in gay communities in Vancouver is especially hard for retirees because the community is centred in the city's pricey downtown or West End.

"What's happening in some cities, especially in Vancouver, is it's becoming very expensive for people to live in downtown Vancouver and the rental market, the housing market has low vacancy and high cost," he said. THE CANADIAN PRESS

Haro Street

Elderly woman killed in weekend apartment fire

Vancouver police confirmed Sunday an elderly woman is dead after a fire engulfed an apartment in the 1600 block of Haro Street.

The fire started around 2 p.m. and was put out by firefighters. The woman, who has not been identified, was found inside the home. The cause of the fire has yet to be determined. Police say it does not appear to be suspicious. METRO

Surrey investigation

Police seek info after attempted sex assault

Surrey police are asking witnesses to come forward after a woman was the victim of an attempted sexual assault last Wednesday.

The woman, in her 40s, was sorting clothing behind a store near 128 Street and 96 Avenue when a man approached her and allegedly tried to sexually assault her. The suspect was scared off by a pedestrian. METRO

Martin and Esther Kafer, 85 and 84, have been summiting mountains together for more than 60 years. CONTRIBUTED BY M. & E. KAFER

Mt. Kilimanjaro ascent after 62 years climbing

Mountaineers. Elderly couple set to climb Tanzania's famous mountain for charity

KATE WEBB
kate.webb@metronews.ca

A couple of B.C. expert mountaineers who have been married for 59 years will attempt to become the oldest man and woman ever to have climbed Mount Kilimanjaro later this month.

Martin and Esther Kafer, 85 and 84, are part of the Alzheimer Society of B.C.'s 12-member Ascent for Alzheimer's team, raising funds for research, advocacy and care for those suffering with dementia.

United adventure

"It's a partnership.... The most important thing is to be able to trust each other."

Martin Kafer, who plans to climb Mount Kilimanjaro with his wife Esther

"We really do the climbing for our own sake, not to make a record," said Esther when asked what it would mean to her to set a Guinness World Record, which the society is trying to facilitate.

"And for the Alzheimer's," added Martin, a lifelong outdoorsman who was instantly attracted to Esther's skills as a mountaineering partner when he first met her in Zurich, Switzerland in 1950.

"I have a very close and personal reason," he continued, "because my sister is deep in dementia. She's two years older and I have these little memories and sometimes I think maybe I'm getting it.

The pair, who have a grown son and a daughter, said they are not worried about the difficulty of the climb. They know their biggest challenge will be the altitude. But that's not stopping them either, because they have each other.

"It's a partnership," Martin said. "The most important thing is to be able to trust each other."

"We have to look after each other," Esther agreed. "Even now that we don't climb on a rope anymore, we go hiking, but we often pace ourselves together and we make sure that you don't leave anything behind at the base. That sort of stuff."

The current record for the oldest man ever to climb Tanzania's most famous mountain is held by Richard Byerley, who reached the summit last October at the age of 84.

It's unclear if there is an official Guinness World Record entry for the oldest woman, but in September 2010 an 83-year-old woman, Bernice Buum, completed the 5,895-metre ascent, according to the website climbmountkilimanjaro.com.

The 2012 Ascent for Alzheimer's team plans to trek up and down Kilimanjaro between Sept. 24 to 30. To help the team reach their fundraising goal, visit alzheimerbc.org.

Fake Chinese art all over Canada, say experts

An authentic Chinese Famille-Verte vase valued at $2,000-$3,000, left, has less shine and a higher quality of hand painting than a reproduction Wucai vase, valued at $300-$400, at Waddington's art auction house in Toronto on Friday. MICHELLE SIU/THE CANADIAN PRESS

A flood of fake Chinese art has defrauded hopeful but naive investors across Canada and also threatens to mar the integrity of museums in the future, experts say.

In August, a mob of angry purchasers held a protest on the front lawn of a home that belongs to a Vancouver man, who they say sold them famous artworks he claimed were original but later turned out to be fakes.

A court sided with one of the investors when she took the man to small claims court claiming she had been ripped off.

But Andrea Zeifman, of A.H. Wilkens auctions and appraisals in Toronto, said the problem is also significant in her city and isn't limited to paintings.

Zeifman said vases, porcelain and other artifacts are being sold to unsuspecting victims by questionable sellers.

"You'll find that pieces will come in and they're too good to be true," she said.

"There are so many so-called imperial pieces that are showing up now, more so than have ever shown up in the past."

She said it leads to questions about how much of the art is truly imperial — pieces made during one of China's dynasties — or just replicas people are trying to sell as originals.

"I don't think that every palace was jam packed (with art)," she said. "And now all of a sudden it's all coming out into the markets? It just doesn't add up."

The RCMP said they are not aware of any cases of counterfeit art in Canada, but said Mounties confiscated more than $67 million in fake goods in 2011. THE CANADIAN PRESS

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Robocall allegations surface ahead of Quebec election

Similarities. Someone claiming to be from Elections Canada made similar calls during the 2011 federal election, residents say

Allegations of unethical robocalls, which surfaced following the last federal election, have now sprouted on the last full day of the Quebec election campaign.

The Quebec Liberals filed a complaint Monday with provincial police over allegations of trick phone calls before Quebecers head to vote.

The governing party says it has learned of a series of automated calls falsely made in the party's name in the Quebec City region.

The alleged message was spoken mostly in English in the overwhelmingly francophone region.

Other calls were made in Laval, a suburb north of Montreal, by people using an "aggressive tone" and claiming to be representing the Liberals, according to the party.

"All these calls are false and obviously emanate from an organization or individuals who want to harm the Liberal party," the Liberals said in a statement.

A spokeswoman for Quebec's provincial police couldn't immediately confirm an official complaint had been filed.

Voters are set to cast their ballots Tuesday.

Polls place the Parti Quebecois ahead of the Liberals and the upstart Coalition party.

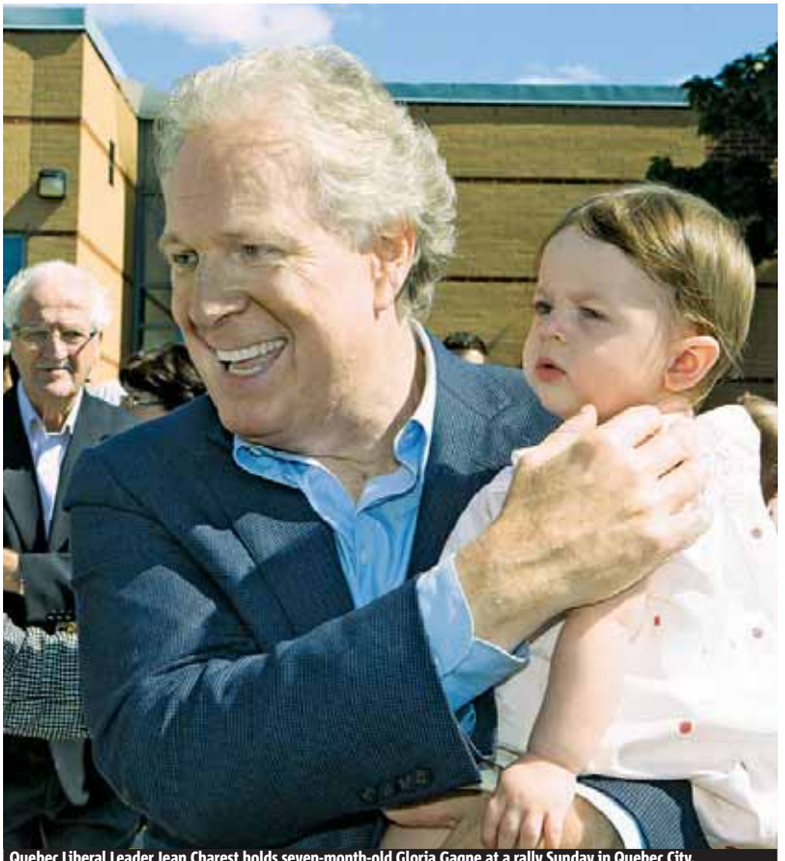
PQ Leader Pauline Marois and Liberal Leader Jean Charest spent the final day in the Quebec City area, where polls suggest Francois Legault's Coalition party could steal several seats from the Liberals.

THE CANADIAN PRESS

Investigation

Officials continue to investigate allegations of fraudulent and misleading phone calls made during the 2011 federal election.

- **Automated calls.** A number of residents say they received automated phone calls from someone claiming to be from Elections Canada and directing them to a wrong or non-existent polling station.
- **Tories.** While the misleading phone calls appeared to target non-Conservative voters, the Conservative party insists it had no involvement in any such scheme and says it is assisting the investigation.



Quebec Liberal Leader Jean Charest holds seven-month-old Gloria Gagne at a rally Sunday in Quebec City. Voters in the province head to the polls on Tuesday. JACQUES BOISSINOT/THE CANADIAN PRESS

Caucus retreat

This summer has marked the first time in 15 months that New Democrats have had time to take a deep breath and indulge in some long-term planning.

- This week's caucus retreat is the moment when they'll "press the reset button," as one insider puts it.

Liberals, NDP set to reverse roles

The coming week will be a study in role reversal as federal New Democrats and Liberals hold simultaneous caucus retreats to plot strategy for the fall sitting of Parliament.

After a tumultuous, roller-coaster year, the NDP's 101 MPs are viewing their meeting in St. John's, N.L., as a chance to move forward with calm deliberation and, finally, some stability.

They aim to cement their claim as the only credible alternative to the Harper government and set an ambitious course for defeating the Conservatives in the next election in 2015.

The tiny Liberal caucus, meanwhile, will be meeting at a resort in Montebello, Que., grappling with how to maintain a parliamentary presence while up to a fifth of its 35 MPs plunge into a lengthy, existential leadership contest.

A year ago, it was the NDP, reeling from the untimely death of Jack Layton, that was facing an uncertain future. Its most experienced MPs were preparing to launch leadership campaigns, leaving untested novices to hold down the parliamentary fort.

THE CANADIAN PRESS

Staying afloat

"We've really just been hanging onto the side of the boat and trying not to tip over for a year."

NDP insider on how the party has been behaving

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Vorayuth Yoovidhaya, a grandson of late Red Bull founder Chaleo Yoovidhaya, is taken by a plain-clothes police officer for investigation Monday in Bangkok. Vorayuth is suspected of driving a Ferrari that struck and killed a police officer in an early morning hit-and-run accident. THE ASSOCIATED PRESS/HANDOUT

Red Bull founder's grandson arrested

Raid. Ferrari believed to be involved in hit-and-run that killed policeman confiscated from family estate

A grandson of the creator of the Red Bull energy drink has been arrested for driving a Ferrari that struck a police officer and dragged his dead body down a Bangkok street in a hit-and-run early Monday, police said.

Police took in Vorayuth Yoovidhaya, 27, for questioning after tracing oil streaks to his family's gated estate in a wealthy neighbourhood.

He was facing charges of causing death by reckless driving and escaping an arrest by police, but was released on a 500,000 baht ($15,800 Cdn) bail.

Vorayuth admitted he drove the sports car but said the police officer's motorcycle abruptly cut in front of his vehicle, said lead investigator Maj. Gen. Anuchai Lekbamroong.

Bangkok's top police official, Lt. Gen. Comronwit Toopgrajank, said he took charge of the investigation after a police officer, since suspended, tried to cover up the crime by turning in a bogus suspect.

The victim is 47-year-old Sgt. Maj. Wichean Glanprasert.

THE ASSOCIATED PRESS

SeaWorld saves stranded sea life

In this SeaWorld Parks & Entertainment photo, people attend to one of five rescued pilot whales on Sunday at Florida Atlantic University's Harbor Branch Institute in Fort Pierce, Fla. The five whales were among a group of 22 whales beached in South Florida on Saturday. The rest died of natural causes or had to be euthanized.

SEAWORLD PARKS & ENTERTAINMENT/THE ASSOCIATED PRESS

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Parade trouble. 47 cops hurt during Belfast riot

Northern Ireland police say 47 officers have been injured during clashes with Protestant extremists angry over a Belfast parade by Irish republicans from the Catholic side of the community.

Sunday night's violence came as Irish republicans paraded near British Protestant districts of north Belfast. Such demonstrations, usually by the Protestant side, trigger riots every summer in Northern Ireland.

Police donning flame-retardant suits, helmets and shields spent nine hours standing their ground against mobs of masked, hooded Protestants. More than 100 rioters threw bottles, bricks and fireworks at police lines until early Monday.

Police Cmdr. Matt Baggott says his officers demonstrated "courage and restraint."

Most of those hurt suffered cuts and bruises. Four officers were hospitalized with more serious injuries.

One suspected rioter, a 17-year-old boy, was arrested Monday. THE ASSOCIATED PRESS

Police use a water cannon on loyalist rioters in Belfast, Northern Ireland, late Sunday. A number of police were injured during a night of clashes.
PETER MORRISON/THE ASSOCIATED PRESS

Health. N.S. university steps up fight against student binge drinking

Underage frosh looking for a buzz stronger than that free-from-home feeling are up against new rules at Acadia University.

Efforts to quash binge drinking at the school in Wolfville, N.S., escalated after the alcohol-related death of a 19-year-old student last September. A comprehensive alcohol policy went into effect this week, as students across Canada ditch the high school label and get their first taste of dorm life.

Acadia banned boozing in dorm rooms during orientation week, prohibited making "trophies" out of empties and put limits on the amount of alcohol a student can stockpile. Students of legal drinking age are allowed to drink in residence, but in designated, supervised lounges.

Residence advisers are authorized to conduct room checks, intervene and issue non-academic infractions if a thirsty student, regardless of age, tries to sneak a sip behind closed doors.
TORSTAR NEWS SERVICE

London

Prince Harry out of hiding after nude-pics scandal

Prince Harry has made his first public appearance since nude photos of him made international headlines. He attended an awards ceremony Monday for the charity WellChild to celebrate the lives of seriously ill children and the doctors who care for them. THE ASSOCIATED PRESS

Ontario

Five rescued from Niagara Gorge on long weekend

Canadian parks police say they rescued five people from the Niagara Gorge during two incidents over the weekend. Two Toronto-area visitors and three men were recovered. The men, who allegedly climbed over a retaining wall, face trespassing charges. THE ASSOCIATED PRESS

The RCMP grounded a protest plane over security fears Monday in Ottawa, provoking censorship accusations from the Public Service Alliance of Canada.
COURTESY OF PSAC

Plane with anti-PM banner grounded

Ottawa. Union accuses Mounties of pulling down aircraft for 'political reasons'

JOE LOFARO
Metro in Ottawa

The RCMP ordered a plane sporting a message that was critical of Prime Minister Stephen Harper to land at an Ottawa airport Saturday, the Public Service Alliance of Canada (PSAC) said Monday.

The RCMP said officers made a mistake and thought the plane was flying in the restricted zone of Parliament Hill. NAV Canada confirmed Monday the plane did not stray into the restricted area.

RCMP A Division spokesperson Cpl. Lucie Shorey initially denied the federal police force ordered the plane down, but she later contacted Metro saying new information had come to light.

"The RCMP is mandated with protection of Parliament Hill. The plane was perceived to be flying in the restricted airspace," she said. "As such, the RCMP requested the plane to land and we undertook questioning of the pilot involved to determine if there was any threat. It was deemed there was not a threat."

In a press release sent by the union — which represents more than 170,000 workers in the federal public service — a spokesperson said the banner attached to the plane read "StephenHarperNousDeteste.ca," which translates to "StephenHarperHatesUs.ca."

The banner had been flown over Montreal and other Quebec communities over the past two weeks, the release said, as part of the union's We Are All Affected campaign, which is protesting public-service job cuts.

"The PSAC believes that the RCMP terminated the flight for political reasons due to the banner, without taking the proper steps to adequately assess the situation," the release said.

Shorey said the grounding of the plane had nothing to do with the content of the banner it was flying.

Quoted

"Had the RCMP been concerned about the plane's potential route, it could have easily communicated with the pilot via radio and sought clarification rather than ordering it back down to the airport."
Press release from the Public Service Alliance of Canada

Green Mile star Duncan dies at age 54

Michael Clarke Duncan, the prolific character actor who earned an Oscar nomination for his performance as a death-row inmate in The Green Mile, is dead at age 54.

Clarke died Monday morning at Cedars-Sinai Medical Center in Los Angeles, where he was being treated for a heart attack, said his fiancée, reality TV personality Rev. Omarosa Manigault, in a statement released by publicist Joy Fehily.

The muscular, six-foot-four Duncan, a former bodyguard who turned to acting in his 30s, "suffered a myocardial infarction on July 13 and never fully recovered," the statement said. "Manigault is grateful for all of your prayers and asks for privacy at this time. Celebrations of his life, both private and public, will be announced at a later date."

This past spring, Clarke had appeared in a video for PETA, the animal-rights organization, in which he spoke of how much better he felt since becoming a vegetarian three years earlier.

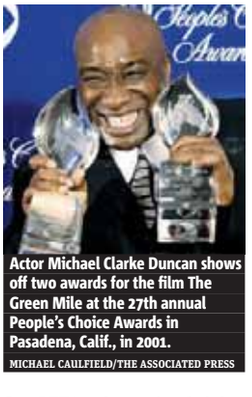
"I cleared out my refrigerator, about $5,000 worth of meat," he said. "I'm a lot healthier than I was when I was eating meat."

Duncan had a handful of minor roles before The Green Mile brought him an Academy Award nomination for best supporting actor. The 1999 film, based on the Stephen King novel of the same name, starred Tom Hanks as a corrections officer at a penitentiary in the 1930s. Duncan played John Coffey, a convicted murderer with a gentle demeanour and extraordinary healing powers.

His performance caught on with critics and moviegoers and he became a favourite in Hollywood, appearing in several films a year.

Born in Chicago in 1957, Duncan was raised by a single mother whose resistance to his playing football led to his deciding he wanted to become an actor.

By his mid-20s he was in Los Angeles, where he looked for acting parts and became a bodyguard for Will Smith, Jamie Foxx and other stars. The murder of rapper Notorious B.I.G., whom Duncan had been hired to protect before switching assignments, led him to quit his job and pursue acting full-time.
THE ASSOCIATED PRESS



Actor Michael Clarke Duncan shows off two awards for the film The Green Mile at the 27th annual People's Choice Awards in Pasadena, Calif., in 2001.
MICHAEL CAULFIELD/THE ASSOCIATED PRESS

Resumé highlights

- The Green Mile
- Armageddon
- Breakfast of Champions
- The Whole Nine Yards
- Sin City
- Talladega Nights
- School for Scoundrels
- Kung Fu Panda

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Why did the chicken cross the border? It didn't, because it was stuffed with cocaine

The roasted chickens had an unusual stuffing — $150,000 worth of cocaine, according to Nigerian police.

A Nigerian mechanic who struggled in Brazil for more than six years had hoped the drugs would buy him a life of luxury in his native land, Nigerian authorities said Monday.

"This was like a retirement plan for him," said Mitchell Ofoyeju, spokesman for the National Drug Law Enforcement Agency.

The accused was arrested over the weekend at the airport in Lagos after he came in from Sao Paolo with 2.6 kilograms of cocaine, Ofoyeju said. Photos from the agency showed egg-shaped packages wrapped in gold aluminum foil and tucked into the browned chickens.

Ofoyeju says recently-installed airports scanners helped authorities identify more than 100 drug carriers last year, leading to the seizure of about 410 kilograms of cocaine, among other illicit drugs. THE ASSOCIATED PRESS

Smuggling problem

Nigeria is a major transit point for drugs coming from Latin America and going to Europe or the United States.

- Recent security improvements are cutting into that dubious distinction.
- After a man allegedly tried to blow up a Detroit-bound airliner in 2009, Nigeria started installing airport scanners and sought training for agents.

Smoking ban

Lebanese in a huff over right to puff

Restaurateurs in Lebanon, where about half of all adults are smokers, are protesting a new smoking ban in closed public places. The ban went into effect Monday. THE ASSOCIATED PRESS

Out of reach

Brits want to talk about Assange

Britain's Foreign Secretary on Monday urged Ecuador to resume negotiations over WikiLeaks founder Julian Assange, who is still hiding inside Ecuador's Embassy in London. THE ASSOCIATED PRESS

Hemlines are drawn in Iraq's culture wars

Islamists say it's time to call in the fashion police. Youth criticized for not sticking to religious dress code after Ramadan

Iraqi women shop at a women's clothing store in Diwaniyah, 130 kilometres south of Baghdad, on Sunday. A new culture rift is emerging in Iraq as young women replace shapeless coverups with ankle-baring skirts and tight blouses, while men strut around in revealing slacks and spiky haircuts. ALAA AL-MARJANI/THE ASSOCIATED PRESS

For much of Iraq's youth, sporting flashy makeup, slicked-up hair and skin-tight jeans is just part of living the teenage dream. But for their elders, it's a nightmare.

A new culture rift is emerging in Iraq, as young women replace shapeless coverups with ankle-baring skirts and tight blouses, while men strut around in revealing slacks and spiky haircuts. The relatively skimpy styles have prompted Islamic clerics in at least two Iraqi cities to mobilize local security guards as a "fashion police" in the name of protecting religious values.

"I see the way (older people) look at me — they don't like it," said Mayada Hamid, 32, wearing a pink leopard-print headscarf with jeans, a blue blouse and lots of sparkly eyeliner Sunday while shopping at the famous gold market in Baghdad's Kazimiyah neighbourhood.

She rolled her eyes. "It's just suppression." So far, though, there are no reports of the police actually taking action.

This is a conflict playing out across the Arab world, where conservative Islamic societies grapple with the effects of Western influence, especially the most obvious — the way their young choose to dress.

The violations of old Iraqi norms have grown especially egregious, religious officials say, since the end of Ramadan, Islam's holy month. In the last two weeks, posters and banners have been hanging along the streets of Kazimiyah, sternly reminding women to wear an abaya — a long black cloak that covers the body from shoulders to feet. THE ASSOCIATED PRESS

Family feuds may threaten church empire

Unification Church patriarch Sun Myung Moon leaves behind children who have been groomed to lead a religious movement famous for its mass weddings and business interests — if family feuds don't bring down the empire.

Moon, the charismatic and controversial founder of the church, died Monday at age 92 at a church-owned hospital near his home in Gapyeong County, northeast of Seoul, two weeks after being hospitalized with pneumonia, church officials said.

Flags flew at half-mast at a Unification Church in Seoul as followers trickled in, some wiping away tears as they wondered what would happen to a movement defined for decades by the man who founded it in 1954.

The Rev. Moon and wife Hak Ja Han have 10 surviving children and in recent years, the aging Moon had been handing power on the church's religious, charitable and business entities to them.

But there have been reports of family rifts. One son sued his mother's missionary group in 2011, demanding the return of more than $22 million he claimed was sent without his consent from a company he runs to her charity. His mother's group eventually returned the money after court mediation.

Church officials said the son, known as Preston, is no longer in charge of any church operations.

Moon's death could expose further rifts within the church, said Kim Heung-soo, who teaches history of Christianity at Mokwon University in the central city of Daejeon.

"There is a high possibility that internal discord will deepen," Kim said.

The church has amassed dozens of businesses in the United States, South Korea and even North Korea, including hotels, a ski resort, sports teams, schools, universities and hospitals.

One expert said the church's business prospects appear brighter than its religious future. Tark Ji-il, a professor of religion at Busan Presbyterian University, described the church not as a religious group, but as a corporation made up of people with similar religious beliefs. THE ASSOCIATED PRESS

One of the successors

Rev. Hyung-jin Moon AP FILE

Key to the church's religious future is the Rev. Hyung-jin Moon, the U.S.-born 33-year-old who was tapped to succeed his father several years ago to serve as head of the church.

- Known as "Sean" back at Harvard, where he studied, he is more fluent in English than Korean and has signs of his father's charisma but with an American sensibility.
- His sermons, delivered in English, are designed to appeal to the next generation of "Unificationists."

A woman pays respect to the Rev. Sun Myung Moon at a Unification Church in Tokyo on Monday. Moon, the self-proclaimed messiah who founded the church, died on Monday at a church-owned hospital near his home in Gapyeong County, northeast of Seoul, church officials said. He was 92. KOJI SASAHARA/THE ASSOCIATED PRESS

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Romney's vision like watching TV in black and white: Obama

Working it. Democrats deliver economic message in key swing state; Republicans characterize Obama as a failed president

U.S. President Barack Obama waves to supporters after speaking at a campaign event at Scott High School Monday in Toledo, Ohio.
TONY DEJAK/THE ASSOCIATED PRESS

Barack Obama on Monday laid out the theme his party will hammer home at the Democratic National convention this week, declaring that Republican challenger Mitt Romney wants to lead the U.S. with failed and outdated ideas that harken to the last century.

Obama was speaking in a pre-convention campaign swing to members of the United Auto Workers Union in Toledo, a city like many in Ohio where the economy is heavily dependent on the auto industry. Obama injected that industry with huge amounts of government money in the earliest days of his administration, likely preventing General Motors and Chrysler Corp. from going out of business and laying off more than one million workers.

Romney opposed the auto bailout and accuses Obama of profligate government spending that Republicans contend has done little to lift the country out of the economic morass after the Great Recession and near meltdown of the country's financial system — events that date to the presidency of Republican President George W. Bush.

The Republicans showed their political arguments last week during their convention in Tampa, Fla., where Romney was officially nominated. The theme of that gathering: Obama is a failed president.

The Democrats are fighting back. Obama said on Monday that watching the Republicans was like seeing an old television program in black and white.

Ohio is perhaps the most critical state for both candidates on Nov. 6, Election Day. It is one of seven so-called swing states, which will determine the outcome of the vote. Those states do not reliably vote for the presidential candidate of one party or the other.

THE ASSOCIATED PRESS

Catastrophe makes for the perfect political backdrop on Gulf Coast

Don Duplantier paddles a pirogue from his flooded home as floodwaters from Hurricane Isaac recede in Braithwaite, La., Sunday.
GERALD HERBERT/THE ASSOCIATED PRESS

Mitt Romney wasted no time after accepting the GOP presidential nomination in heading to Louisiana to see the damage from Hurricane Isaac, changing his schedule on the fly to get there the very next day. President Barack Obama also tweaked his travel plans to make sure he gets there Monday, ahead of his own nominating convention.

This for a Category 1 storm that killed seven and swamped low-lying areas of Louisiana and dumped more than a foot of rain on its way north — a disaster, to be sure, but one that will never rival the biggest to hit the Gulf Coast.

In a region with a storied culture and a history of human suffering, natural and man-made catastrophes, and struggles with government ineptitude and indifference, it's just another turn in front of the cameras as the perfect political backdrop.

Quoted

"What are both of them going to do? Come down here and look? ... I need lights, I don't need a president."

Eddie Cooley, 56

Call it the Katrina effect: Presidents, and would-be presidents, can't afford to get panned like George W. Bush did in the days after Hurricane Katrina crippled New Orleans and the Mississippi and Alabama coasts in 2005, killing more than 1,800.

"I dare say, before Katrina there's no way that you would have the president and Romney here within days of one another in a storm of this relatively small magnitude," said Robert Mann, the director of the Reilly Center for Media & Public Affairs at Louisiana State University.

For many of the people who call the Gulf Coast home, it doesn't matter if it's a storm that submerges the streets, or a busted oil well spewing millions of gallon of crude: the political posturing doesn't make them feel like relief is coming any faster. THE ASSOCIATED PRESS

Travellers faced rude border guards: Reports

A complaints system run by the Canada Border Services Agency is documenting cases of travellers enduring rude behaviour and lengthy interrogations, as well as one case where someone was falsely identified as a person "with criminal ties."

According to quarterly reports obtained by The Canadian Press through the Access to Information Act, there were 1,105 complaints — about six per day — about the services provided by the agency's employees from Jan. 7 until the end of June last year.

A report by the agency on the revamped complaints system obtained under freedom of information legislation says .0025 per cent of all travellers complain about the service from its employees.

THE CANADIAN PRESS

Muslim cleric accused of planting evidence on mentally-challenged girl

Pakistan. Member of mosque says Qur'an pages were put in girl's bag to make it seem like she burned holy book

Pakistani police are investigating whether a Muslim cleric who allegedly tried to frame a Christian girl for blasphemy should be charged with insulting Islam himself and potentially face life in prison, a police officer said Monday.

Khalid Chisti was arrested Saturday after a member of his mosque accused him of stashing pages of a Qur'an in a Christian girl's bag to make it seem as if she had burned the Islamic holy book. He allegedly planted the evidence to push Christians out of his neighbourhood in Islamabad. He has denied the allegations.

The case has generated significant international attention because of reports that the girl is as young as 11 and is mentally handicapped. She has been held in prison for over two weeks, and will remain there until at least Friday after her bail hearing was postponed for a second time Monday, said her lawyer, Tahir Naveed Chaudhry. The court adjourned the hearing until then because of a lawyers' strike, he said.

Police registered a blasphemy case against Chisti on Monday for allegedly desecrating the Qur'an, said police officer Munir Jafferi. If he is charged by a court and convicted, he could face life in prison, said Jafferi.

A separate section of Pakistan's blasphemy laws says insulting Islam's Prophet Muhammad carries the death penalty.

Police are also contemplating levelling additional charges against Chisti, such as fraud, planting evidence and making false allegations, said Jafferi.

Police arrested the girl from her neighbourhood in Islamabad over two weeks ago after an angry mob of several hundred appeared at a local police station, demanding action against her for alleged blasphemy. Police said at the time that they took her into custody partly to protect her from potential harm.

People accused of blasphemy, even those who aren't convicted, often face vigilante justice by outraged Pakistanis. A Pakistani man accused of blasphemy in July was dragged from a police station in the centre of the country, beaten to death and his body set on fire.

Christians in the girl's neighbourhood left the area en masse as soon as the accusations surfaced, fearing retribution from their Muslim neighbours.

The girl's supporters say she is 11 years old and has Down syndrome; a medical board said she was about 14 and that her mental age didn't match her physical age.

THE ASSOCIATED PRESS

Blasphemy laws

- Human-rights activists have long criticized Pakistan's harsh blasphemy laws, saying they are misused to persecute non-Muslims and settle personal vendettas. They have hailed Khalid Chisti's arrest as unprecedented and hope it will prevent false blasphemy accusations in the future.

Kenyan cleric charged after deadly protests

A cleric who the UN says has urged the killing of U.S. citizens has been charged in court with inciting violent protests that left four people dead last week in Kenya's second-largest city.

Abubaker Shariff Ahmed appeared before the court Monday in the port city of Mombasa after an arrest warrant was issued. He denies the charges.

Violent protests erupted in Mombasa last week following the assassination of hardline Muslim preacher Sheik Aboud Rogo Mohammed, a close friend of Ahmed's.

Both men were under a travel ban and asset freeze by the UN Security Council and the United States for supporting the al-Qaida-linked Somali militant group al-Shabab.

THE ASSOCIATED PRESS

Monsoon rains pour over Mumbai

A worker pulls his cart through a flooded street during monsoon rains in Mumbai, India, on Monday. The monsoon rains, which usually hit India from June to September, are crucial for farmers whose crops feed hundreds of millions of people. RAJANISH KAKADE/THE ASSOCIATED PRESS

Egypt

Police investigate heavy metal concert

A heavy metal concert has prompted a police investigation after an Islamist lawyer claimed it was attended by Satanists at a well-known cultural centre in Egypt's capital Cairo.

A security official says Muslim Brotherhood lawyer Ismail el-Washahi filed a suit accusing the El-Sawy Culture Wheel of hosting people wearing black T-shirts, carrying Satanists' drawings and accessories while dancing at the concert. The suit claims "Satanist rituals were held."

The centre denied the claims, saying some violations of its rules, like smoking, occurred but were dealt with. The allegations recall a high-profile case 15 years ago when state security cracked down on "Satan worshippers," arresting some 100 heavy metal fans.

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India

Israel asks for 'Hitler' shop to change name

Israel has complained to the Indian state of Gujarat about a menswear shop there named "Hitler."

Israel's consul general to the city of Mumbai, Orna Sagiv, says she asked state officials Monday to intervene to help get the store's name changed. She said she tried to explain to them "how grave and serious the issue is."

The shop opened last month with a huge sign reading "Hitler" and a Nazi swastika inside the dot in the letter "i." The owner said he didn't know about Hitler's history when the name was suggested by his partner, whose stern grandfather was nicknamed Hitler.

The Nazi dictator who led the extermination of Jews in Second World War Europe is a subject of routine fascination in India.

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Dialogue not on Assad's wish list

Syrian conflict.
President Bashar Assad's regime says there will be no talks before rebels are defeated

The Syrian regime said Monday there will be no dialogue with the opposition before the army crushes the rebels, the latest sign that President Bashar Assad is determined to solve the crisis on the battlefield even if many more of his people have to pay with their lives.

The statement comes a day after activists reported that August was the bloodiest month since the uprising began in March 2011.

"There will be no dialogue with the opposition prior to the Syrian army's imposition of security and stability in all parts of the country," Information Minister Omran al-Zoebi told reporters at a news conference in Damascus.

The opposition has long rejected any talks with the regime until Assad is removed from power.

Muhieddine Lathkani, an opposition figure based in Britain, responded to the minister's comments by saying "the key to any dialogue will be the departure of Assad and dismantling of the regime's security agencies that committed all these crimes."

Lathkani told The Associated Press by telephone that after that happens, there could be a dialogue.

Earlier in the day, the new UN envoy to Syria acknowledged that brokering an end to the civil war will be a "very, very difficult" task.

Activists on Sunday said some 5,000 people were killed in August, the highest toll in the 17-month-old uprising and more than three times the monthly average.

At the same time, the UN children's fund, UNICEF, said 1,600 were killed last week alone, also the highest figure for the entire revolt.

The civil war witnessed a major turning point in August when Assad's forces began widely using air power for the first time to try to put down the revolt. The fighting also reached Syria's largest city, Aleppo, which had been relatively quiet for most of the uprising.

THE ASSOCIATED PRESS

Violence continues

In the latest violence on Monday, activists said more than 100 people were killed — many of them in two air raids that knocked out large parts of buildings in the northern province of Aleppo.

- **Air attack.** Government warplanes bombed the town of Al-Bab, killing at least 19 people, and the Aleppo neighbourhood of Myasar, where 10 people, including four children, were killed.

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Turks protest recent killings

Thousands of protesters took to the streets in Ankara, Turkey, on Sunday to condemn terrorism. A Turkish official said Kurdish rebels have attacked security posts in the town of Beytussebap, Turkey, near the border with Iraq late Sunday, killing nine security personnel. THE ASSOCIATED PRESS

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Mom explains choice to share suicide video

Images. Commission probing how military handled aftermath of soldier's suicide

A photo of Cpl. Stuart Langridge is seen along with his beret and medals on a table as his mother, Sheila Fynes, speaks during a news conference on Parliament Hill in Ottawa in October 2010. ADRIAN WYLD/THE CANADIAN PRESS

Sheila Fynes couldn't sleep most nights this summer, wondering whether she made the right decision in allowing a public inquiry to view a 34-minute military police video of her son's lifeless body hanging from a chin-up bar in his barracks.

The graphic, disturbing images of Cpl. Stuart Langridge were never released to the news media, but the commission investigating the military's handling of his suicide played it in public as part of a series of hearings last spring.

His mother and stepfather, Shaun Fynes, wrestled with the question of showing the video almost up until the day it was played.

Langridge hanged himself on March 15, 2008, and his body was left in place for four hours while investigators documented and searched through everything in the room. The video sometimes zoomed in on his head and face.

Sheila Fynes said that "at first, we said no, we don't want anybody ever to see that ... But then (after) discussions with our lawyer (and) between ourselves, we decided there would be no better way for the chair to understand our allegation of the total disrespect shown to Stuart in his death, than for him to see it."

The Military Police Complaints Commission hearing into the Afghan vet's death resumes Wednesday, with testimony from Shaun Fynes.

In the coming weeks, the commission will put under the microscope not only the Defence Department's handling of the Langridge case, but also how it copes with soldiers suffering from mental illness and post-traumatic stress.

The Defence Department refutes the claim Langridge suffered from post-traumatic stress disorder, or PTSD, following a stint in Afghanistan. The doctor who made the diagnosis is soon to testify, along with military police investigators who are the subject of the complaint.

Langridge's family accuses members of the National Investigative Service of conducting an inadequate, biased investigation aimed at exonerating the Canadian Forces.

Thus far, testimony from the military contends that Langridge, who also served a tour in Bosnia, was a troubled young man with an addiction to alcohol and cocaine. One expert witness traced the problems as far back as Sheila Fynes' divorce from her son's father.

The military withheld Langridge's suicide note from his family for 14 months, something for which it has apologized.

THE CANADIAN PRESS

Quoted

"What has surprised me the most is the levels Justice lawyers have gone to try and paint a very damning picture of our son."

Sheila Fynes,
Cpl. Stuart Langridge's mother

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Calderon touts economic achievements

State of the nation.
Mexican president defends tenure as his term draws to close

As he nears the end of his six-year term, Mexican President Felipe Calderon leaves his country with a better-armoured economy — and also more armoured cars.

Calderon delivered his final state-of-the-nation speech on Monday, trying to cement his legacy as the president who stabilized the economy and took on the country's entrenched organized crime groups, putting Mexico on the road to rule of law.

He boasted of expanding and cleaning up the federal police, putting nearly $160 billion US in international reserves and creating more than two million jobs, twice the number during the term of his predecessor, Vicente Fox.

"It's been our generation's job to assume the costs and risks of making urgent changes in politics and security," he said in the speech at the National Palace. "The reform has begun to bear fruit, but real results will only be seen in the future."

Still, the short-term verdict on the Calderon administration is decidedly mixed, starting with the fact that violence-weary voters in the July national elections were so weary of his tenure that they kicked his party out of the presidency and brought back the long-ruling Institutional Revolutionary Party.

THE ASSOCIATED PRESS

Quoted

"Mexico is a long way from having strong rule of law still, and a solid economic base has not necessarily led to the kind of jobs that people hope to have. It's a well-managed economy but it's not a dynamic economy."

Andrew Selee, director of the Mexico Institute, a Washington-based think-tank

Murdoch protege in court

Rebekah Brooks, former chief executive of News International, arrives at Westminster Magistrates Court in London on Monday. The Rupert Murdoch protege has been formally charged with conspiring to hack into the phones of hundreds of well-known people and their associates. Brooks, who quit her position when the phone-hacking scandal exploded last year, has vowed to fight the charges.

SANG TAN/THE ASSOCIATED PRESS

Pirate Bay.

Cambodia arrests site's co-founder

A co-founder of popular file-sharing website The Pirate Bay was arrested in Cambodia at the request of Sweden, where he faces a one-year prison term for violating copyright laws, authorities said Monday.

Cambodian authorities arrested Gottfrid Svartholm Warg on Thursday at a home he had rented in the capital, Phnom Penh, said national police spokesman Kirth Chantharith.

Cambodia has no extradition treaty with Sweden but has requested details of Svartholm Warg's crime in order to process his handover, he said, adding that Cambodia would act as quickly as possible.

Svartholm Warg and the site's three other founders were convicted in 2009 by a Swedish court of assisting copyright infringement. Svartholm Warg failed to show up at an appeal hearing in 2010.

THE ASSOCIATED PRESS

Sweden

Hackers jam government, military websites

Swedish government websites were jammed by hackers for hours Monday, with some supporters of WikiLeaks founder Julian Assange claiming responsibility on Twitter.

The websites of the Swedish government, armed forces and the Swedish Institute experienced problems. Niklas Englund, head of digital media at the Swedish Armed Forces, said it was unclear who was behind the attack.

THE ASSOCIATED PRESS

Kenya

Nearly 280,000 teachers strike

Union organizers say nearly 280,000 teachers in Kenya are staying away from work to demand long-overdue pay raises, paralyzing resumption of classes after holidays.

Wilson Sossion, chairman of the Kenya National Union of Teachers, said Monday that its 240,000 members did not report to work, responding to a call to strike by the union. The Kenya Union of Post Primary Education Teachers said its 38,000 members did not go to work on Monday.

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Rescue package enough, Spanish minister says

Austerity. De Guindos says he doesn't expect eurozone countries to demand more economic reforms

Spain's ailing banks won't likely need to tap all the 100 billion euros (about $124 billion) that's been made available by the country's euro partners, Economy Minister Luis de Guindos said Monday.

In a further indication that Spain's economic problems are not as acute as some in the markets have been fearing, De Guindos also insisted that no additional austerity measures will be needed to meet the Spanish government's deficit-reduction target. Spain is battling to avoid the same bailout fate as Greece, Ireland, Portugal and Cyprus.

However, De Guindos said Spain's most troubled bank, Bankia, will get urgent aid, while two indebted Spanish regions appealed for emergency funding to deal with a crippling liquidity crunch.

Spain's banks have an estimated 184 billion euros in problematic real-estate loans and investments following the collapse of the country's property market in 2008. The other 16 eurozone countries have set aside the rescue package to help troubled Spanish lenders.

De Guindos said austerity policies being enacted by the government will be enough for Spain to meet its target of reducing the budget deficit to 6.3 per cent of national income this year from nine per cent last.

The government has already unveiled a 65 billion euro package of tax hikes and spending cuts.

THE ASSOCIATED PRESS

Recession

- Spain is in a double-dip recession with a near 25 per cent unemployment rate. Investors fearing Spain may not be able to pay off its debts have charged high prices for loans to the country. That's piled the pressure on Spain to reduce its swollen deficit, cut central and regional government spending, and clean up its banking system.

Critics pan plans to relax British planning laws

A man walks past a road junction intended for new houses that are yet to be constructed on a residential housing estate on the edge of Bridgwater, Monday, in Somerset, England. Critics of the British government's plans to relax planning laws to help kick-start the economy are claiming it could lead to more development in sensitive rural and protected greenbelt areas. MATT CARDY/GETTY IMAGES

Euro banks. Funds not on tap for now

Germany's finance minister hit hopes that Europe's stressed banks could soon tap the region's rescue funds directly when he said Monday that a new Europe-wide banking supervisor is unlikely to be up and running in the new year.

EU leaders agreed in June funds set up to bail out indebted governments could be allowed to funnel money directly to ailing banks — rather than via governments, which would add to their debt burden — once an effective central-bank supervision system is established.

The idea is to assuage worries about the health of Europe's banking system, which is in danger of grinding to a halt as banks become increasingly wary of lending to one another.

The European Commission will make proposals for a new supervisory system Sept. 12. Internal market commissioner Michel Barnier said last week he hopes it could be phased in starting next January and be extended to all banks in the eurozone at the beginning of 2014.

Barnier also voiced hopes that banks could be helped directly from the 500 billion euro (about $621 billion) European Stability Mechanism, Europe's planned permanent bailout fund, starting in January.

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SUMMER BUMMER — THE SEASON THAT CAME AND WENT TOO SOON

SHE SAYS...
Jessica Napier
metronews.ca

They say that the third Monday in January is technically the most depressing day of the year. Of course, Blue Monday is actually just the result of some pseudo-science put forth by a travel company as a way to sell post-holiday getaway packages. Personally, I think today, the Tuesday immediately following Labour Day, might have Blue Monday beat on the gloom-o-meter. Let's call it Weep All Over Your Keyboard Tuesday.

Every year, the Labour Day long weekend comes and goes as a bittersweet farewell to summer. After a three-day final hurrah, it's time to roll up those picnic blankets, stow away the denim shorts and wake up from our collective summer dream that has filled the past few months with warm breezes and cool cocktails.

Stuff your knapsack

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Even though most of us haven't seen the inside of a classroom in years, September will always feel like back-to-school time. A period of new beginnings, freshly sharpened pencils and pristine, blank Hilroy notebooks. Wait, do kids still use notebooks? Am I dating myself here?

The majority of individuals entering college for the first time this September were born in 1994. I know — as someone who is still under 30, I'm not technically allowed to feel old, but that fact makes me feel relatively archaic.

But I digress.

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and Thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Today, you will return to normality and have the same water-cooler conversation over and over again about how quickly the summer flew by. Rationally, we all know it came and went in the exact same number of days and hours that it always has, but our collective groaning and post-Labour Day dialogue is just part of the grieving process.

In the spirit of back-to-school shopping and curable-via-commerce emotional anguish, I felt compelled to shop for a fresh new outfit. I tried to cheer myself up with a back-to-work ensemble, but all the burgundies and browns and classroom-themed window displays sent me running back to my wardrobe to clutch my floral dresses in despair. I can't let go, it's too soon.

As the vitamin D deprivation sets in, I will try my hardest to get excited for pumpkin-spice lattes and apple picking, but I know that part of me will always be yearning for humid air and endless daylight.

I guess we would never appreciate the warmth of summer without the cool breeze of fall.

A post-Labour Day groan will underpins much of today's small talk.
DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Another prince makes headlines

GETTY IMAGES PHOTOS

Don't look down

Duke of York takes a stroll

After Prince Harry's adventures in Vegas, another member of the royal family has found trouble.

At least Prince Andrew chose to be a spectacle, with this daring abseil down London's Shard, the tallest building in Europe.

The daredevil Duke of York performed the stunt for the Outward Bound Trust, an educational charity. Along for the ride were Ffion Hague — a fellow trustee with the charity and wife of the foreign minister — and several other participants.

Former pilot Andrew revealed he had the Queen's approval.

METRO

All smiles: Prince conquers Shard

Royal stunts

Andrew not the only thrill-seeker

- **Prince William.** Harry's brother landed a helicopter in his girlfriend's garden in 2008. The army described it as "sheer stupidity."

Metropolitan Panel

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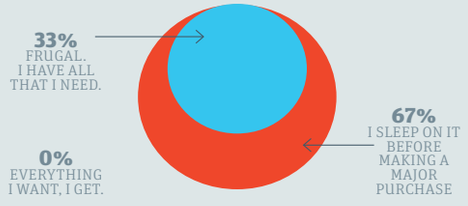
What's your shopping style?



Twitter

@FarhanLaljiTSN: Solomon Elimimian has been released from the #browns practice roster. Has 10 more days before rights go back to #BCLions, per @TSNDaveNaylor

@janebouey: Chilliwack doing their sound check @Trout Lake. Labour Day Fest 11:30-4. Music, food, kids stuff & info tables Look for fm @W2Radio table.

@chantalkreviaz: I had the unfortunate experience of seeing the real housewives of Vancouver last night. Dark dark dark. Oh canada. Low moment.

@dankfravalos: Heading back to Vancouver today. Let the Laxing begin. Stoked to see the bros!

@allthe_elements: Just taking in some VAN GOGH at the Vancouver Art Gallery #dreamscomingtrue

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DVD reviews

The Five-Year Engagement

Director. Nicholas Stoller

Stars. Jason Segel, Emily Blunt

●●●○○

The Five-Year Engagement pairs actors Jason Segel and Emily Blunt in a believable story about how fate and career choices can get in the way of best-laid plans, including marriage. Director Nicholas Stoller guided Segel in Forgetting Sarah Marshall and shares writing credits with him here. But it's producer Judd Apatow who keeps this frothy film from hitting it out of the rom-com ballpark. To Apatow, any joke worth doing is worth doing two or three times. You like that karaoke scene where the moron pal sings off-key embarrassing stuff? Get ready to see versions of it again and again. Engagement has a few good laughs and some home truths about the difficulties of maintaining personal relationships. Segel and Blunt are convincing as star-crossed lovers Tom and Violet. It's particularly good to see Rhys Ifans cast against type as Violet's reptilian boss. Now if only Apatow had a pair of scissors.

PETER HOWELL

The Sheepdogs recorded their latest material in Nashville. GETTY IMAGES

Sheepdogs don't stop at Rolling Stone cover

New album.
Saskatchewan rockers release fourth album and cast their eyes to a southern invasion

IAN GORMELY
scene@metronews.ca

With all due respect to Dr. Hook, there's far more to the Sheepdogs than a picture on the cover of the Rolling Stone.

The Saskatoon rockers hope to meet — or, says lead singer and guitarist Ewan Currie, exceed — expectations of the band with their new self-titled album.

While the quartet have exploded at home in Canada, in the U.S., they're still just that band who won a fan-voted contest that landed them the cover of the venerable magazine.

"Like, who are these guys, some American Idol thing?" jokes Curries of the band's image down South. "But I'm fully confident that we can back it up."

As he should be. The band's latest album, their fourth, was produced by the Black Keys' drummer Patrick Carney and marks a great leap forward for them, stepping out from behind their influences to showcase their tremendous sense of pop song craft.

The band met Carney at a festival in New York last year, and from the get-go it was clear that the drummer was looking beyond a cursory meet and greet. "He was very interested to know what we were going to do for our next album," recalls Currie. "It was more than a casual question. "I was like, 'Why are you so invested.'"

Never one to look a gift horse in the mouth, the band asked Carney if he was interested in producing their follow up to 2010's Learn and Burn. At first Carney declined due to scheduling conflicts, until a two-week window opened up this past January. The band quickly assembled the material they had and headed to Nashville to record. "It was as rushed, as is everything else we've done in the last year and a half, but I don't think we felt like we made it under any sort of duress," says Currie.

Penning tunes

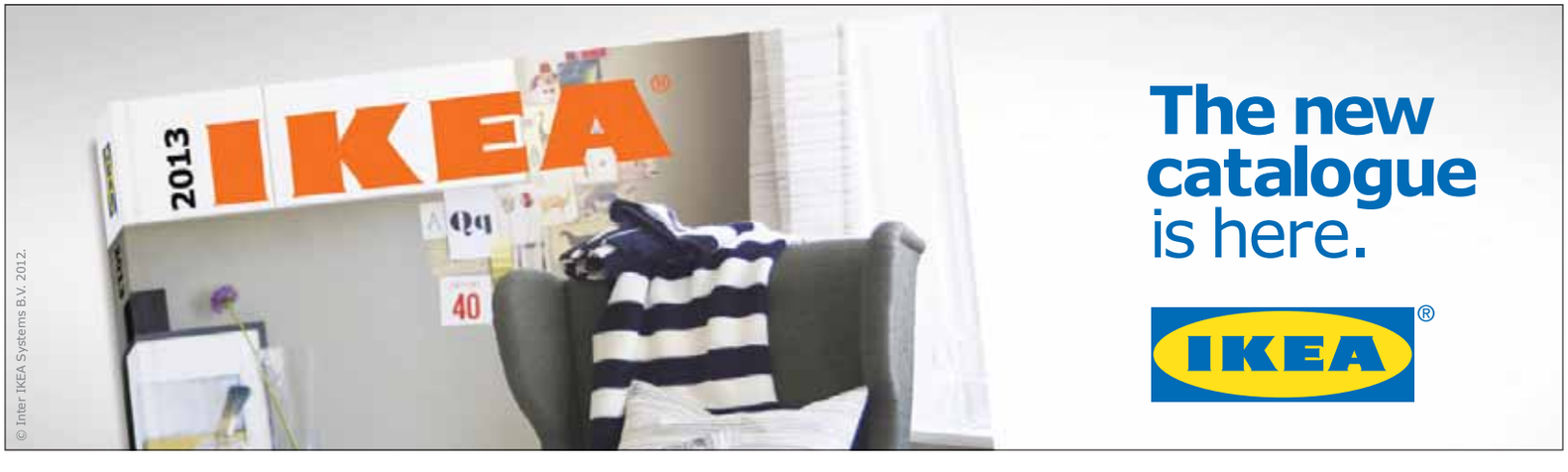
Old is new again

Since the Rolling Stone cover contest, the Sheepdogs have been on a whirlwind schedule of gigs, appearances and press commitments, leaving them little time to write. Currie would demo new material on his laptop and then send tracks to Carney for feedback. The band brought several older songs to the sessions including the track Never Gonna Get My Love, which the band originally recorded four years ago but never released.

2SCENE

On the web

Pearl Jam closes Made in America festival with help from Jay-Z; Drake, Run DMC also perform.



Kissing comics. Wonder Woman, Superman now DC Comics' power couple

Wonder Woman and Superman are an item, locking lips in a passionate embrace as the pair realize that there's no one out there like them.

The couple's kiss is the culmination of a dramatic story in Justice League No. 12, which marks the first full year since DC relaunched its stable of heroes with new stories, new costumes and revised origins.

DC Comics co-publisher Jim Lee, who has drawn each issue of Justice League since its debut, called the canoodling in Wednesday's issue not a stunt or an alternate reality smooch.

"This has been in the works for some time and we certainly wouldn't have pulled the trigger on it without there being great creative benefit to the liaison," he said in an email. "Beyond the joy and sorrows of new love, there are potentially huge ramifications and dramatic ways this single relationship between these iconic characters will change the entire political and interpersonal landscape of the DC universe."

The characters have long formed, with Batman, the triumvirate of DC Entertainment's heroes and are among the most powerful and best-known.

In the 1980s, the pair had a brief fling but Superman went on to marry Lois Lane. They also kissed in Frank Miller's Dark Knight Strikes Again a decade ago. In a 2006 epilogue to 1996's Kingdom Come, the couple asks Bruce Wayne, aka Batman, to stand as godfather to their unborn child.

Justice League is laying out a story that looks not only at the couple but the effects on others, too, said DC Comics. THE ASSOCIATED PRESS

Wonder Woman and Superman are officially an item. HANDOUT

Need to know

Since DC relaunched its characters and universe nearly a year ago, some of the origins have changed.

- **Changes.** Wonder Woman is now the daughter of Zeus – and the costumes are new too.
- **Lois Lane.** One aspect that did not survive the relaunch: Lois Lane's role as Superman's love.

Love Hewitt says Client List has soul

New show. Actress insists that there is much more to the steamy scenes on her new show and that it's more of a morality tale

Actress Jennifer Love Hewitt understands many viewers will be drawn to the "eye-candy portion" of her series The Client List.

But she also wants them to see a heart and female empowerment message in the steamy show, in which she plays a single Texas mother who works at a racy massage parlour to make ends meet.

"I hope that people will understand that in those rooms it is her that is in control, no one is controlling her, no one is controlling her decisions, no one is pushing her into anything, and men are never allowed to touch her in any way unless she says it's OK," Hewitt, 33, said in a recent telephone interview as she discussed her character, Riley Parks.

"She's the boss in that office, and there is something empowering about that and interesting about that, and I think people were surprised by that when they started watching the show."

The Client List, which debuted in the U.S. in April, makes its Canadian debut on Sunday on the new Lifetime Canada channel.

Cybill Shepherd co-stars as Riley's mom, while Loretta Devine (Grey's Anatomy, Boston Public) plays the spa owner. Other cast members include Colin Egglesfield as the compassionate brother of Riley's husband (Brian Hallisay), who has abandoned her.

The series stems from a 2010 TV movie of the same name, for which Hewitt garnered a Golden Globe nomination.

The former Ghost Whisperer star, who is also executive producer and has directed on the show, said the story idea came upon her five years ago as she pondered the concept of the modern-day working woman in a tough economy.

As she helped craft the strong-willed Riley, she saw the character as a mom first and a sexy spa worker second.

As such, she didn't seek out women who work in that field as part of her research. Instead, she looked to her female family members for inspiration.

"I'm from Texas. I grew up in a family of really strong Texas women who were beauty pageant queens and then went on to be great mothers and grandmothers and aunts and these very strong women who would do anything for their families. So Riley's personality is based on my mother and who my mom is and was and all of those things," said Hewitt, whose mother, Patricia, died in June from complications due to cancer. THE ASSOCIATED PRESS

Jennifer Love Hewitt's new television series, The Client List, debuts on the new Lifetime Canada channel Sunday. HANDOUT/THE CANADIAN PRESS

Quote

"I hope that people will understand that in those rooms it is her that is in control, no one is controlling her."

Jennifer Love Hewitt
On her new show The Client List

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Sarah Gadon in World Without End. HANDOUT

Canadian actress takes big opportunity on the small screen

World Without End. Sarah Gadon has no regrets on working on Ridley-Scott-produced mini-series

IAN GORMELY
scene@metronews.ca

Working in film, with producers seeking you out is any actors dream. So why on earth would someone in this position take a role on TV?

For Toronto native Sarah Gadon, starring in the upcoming television mini-series World Without End, the answer was simple.

"They wanted to make it like a feature, not like episodic television," she explains. "[Producer Rola Bauer] said, 'I know you want to focus on your feature film career right now, but if you can drop in for these two months, you won't regret it.'"

She didn't. The eight part series, executive produced by Ridley Scott and his late brother Tony, is a sequel to the acclaimed Pillars of the Earth. Both are based on historical drama novels written by Ken Follett. The German-Canadian co-production premieres Tuesday on ShowCase.

Gadon's character, Philippa, is a young person who's married into nobility.

"She's a carefree young woman," says the actress. "She's at the peak of her happiness." But as the infatuation of a fallen noble's son intensifies, her life begins to unravel." It's a fate that besets most of the series' female characters, a symptom of its fourteenth century setting. "Each woman opens up on what being a woman at that time was like," she says. "It's a really interesting perspective."

Although she'd already read Pillars of the Earth prior to getting involved, Gadon, who also studies film at the University of Toronto, opted not to read World Without End before filming, a tip she picked up from director David Cronenberg, with whom the actress made both A Dangerous Method and Cosmopolis.

"He said it never really services you," she says. "It always informs your choices when you're trying to create something different with a completely different medium."

Gadon's character

- The look of Gadon's character was inspired by Pre-Raphaelite painters, a group of 19th century artists who rejected the techniques of post-renaissance art.
- "Pale skin, high rose cheeks and that very tight, curled hair. Very Italian," she says of the women in their paintings.
- On top of working with a dialect coach to perfect her British accent and a dance teacher, Gadon had to wear a massive wig worth 6000 British pounds to replicate this look. "It was two wigs of human hair sewn together."
- It was so effective that even Gadon didn't recognize herself, which, she says is just fine. "I love being a bit of a chameleon."

Eric McCormack's new character is no Will Truman

Perception. Toronto-born actor plays a paranoid schizophrenic neurological science professor in new series

IAN GORMELY
scene@metronews.ca

Playing the same character for eight years is bound to typecast any actor in certain people's eyes.

But Eric McCormack hopes the audience's affection for Will Truman will carry over to his newest character, Daniel Pierce, a paranoid schizophrenic neurological science professor, on the Bravo program Perception.

In the series' pilot, which premieres Wednesday, a former student, played by Rachel Leigh Cook, who now works for the FBI comes back and gets him to work on cases with a neurological bent. "It's a total fish out of water situation for him," says McCormack. "It's out of his comfort zone."

It's also outside of the kind of characters audiences are used to seeing McCormack play.

"With a character like this, you need some gravitas, but you also need some lightness," he says, certainly something he brought to the table playing one-half of the titular roles on Will & Grace. "You want someone that the audience has a comfort level with. We're asking a lot. Forget the gay sitcom lawyer. This is entirely different."

The appeal of Pierce for McCormack is the idea of a person for whom the brain is everything, yet he has no control of his own mind. "I think (that) made it really fertile ground."

Born in Toronto, McCormack cut his teeth at Stratford, performing King Lear in the afternoon, and Twelfth Night in the evenings.

"You're constantly asking the actor to believe the same actor in different roles," something he says television doesn't do enough of.

Yet he recognizes that for some people, he'll never live down his most famous role and that's just fine. "There will always be people who go, 'You'll always be Will to me,' but that's OK," he says. "There's some good to that too."

Eric McCormack in Perception. HANDOUT

Friendship

Actor's affection for TNT

Perception was developed by TNT in the United States, where the program has already premiered and been renewed for a second season.

McCormack got the part through his friendship with network president Michael Wright, who the actor describes as "one of the nicest execs I've ever met."

He previously appeared in the short-lived drama aired on the channel during the 2009-2010 season. Since then the pair had been looking for a new project to collaborate on.

McCormack's affection for the network comes from its artist-friendly approach. "[Wright] allows artists and producers to have free reign. There's very few notes and a lot of support. It's a nice place to call home."

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The new season of Come Dine With Me Canada begins Monday, Sept. 10 on W Network at 7:30 p.m. ET/PT with five back-to-back episodes. PROPER TELEVISION/THE CANADIAN PRESS

Look who's coming back to dinner

Bon appétit. Come Dine With Me Canada travels to PEI and Edmonton for Season 3

From cooking with his mother as a youngster to hosting dinner parties as an adult, Michael Creighton has long cultivated a passion for food and entertaining.

The 47-year-old, who works in senior management at Sears, also learned about fine dining and wine pairings after leaving school.

So when Creighton found out Come Dine With Me Canada would be filming on Prince Edward Island, he decided to apply, and was on Cloud 9 when he was accepted onto the TV show. The hardest part? Not being able to tell anyone prior to filming.

"To me, it wasn't about the grand prize or anything. It was just meeting new people and having a blast and doing something you don't get a chance to do," said Creighton, who moved to Oyster Bed, just outside Charlottetown, from Toronto nine years ago.

Come Dine With Me Canada kicks off its third season Monday, Sept. 10 at 7:30 p.m. ET/PT on W Network with five back-to-back episodes. The new season will also see the culinary competition series travel to Edmonton.

Every week, the series follows five amateur chefs as they vie for the title of ultimate dinner party host. The strangers take turns hosting their version of the tastiest and most entertaining meal.

After each dinner, the participants secretly score their host on a scale of one to 10, rating them on their hosting skills and quality of food. The host with the most points at the end of the five nights wins $1,000.

Fun and food

"To me, it wasn't about the grand prize or anything. It was just meeting new people and having a blast." Michael Creighton

The wait to watch

The 30-minute episode that Michael Creighton hosted doesn't air until February, so he has to be tight-lipped about how he fared for a few more months

• "I just can't wait to see it now. You never know how editing is going to go, right? So I'm really anticipating what the final product looks like after all these hours of filming. I'd do it again in a heartbeat."

For the dinner he hosted for Come Dine With Me Canada, Creighton used recipes he's adapted over the years and opted to cook with local ingredients, including lobster.

He took a cue from chef Lynn Crawford, who filmed an episode of Pitchin' In for Food Network Canada featuring Island cuisine, and said lobster was a big inspiration for both his appetizer and main course.

THE CANADIAN PRESS

VICTORIA WILL/INVISION/THE ASSOCIATED PRESS

ALANIS MORISSETTE

The iconic Canadian rocker shares her thoughts on momhood, social media and the Morissette of the past

FINDING HAPPY IN THE HAVOC

Alanis Morissette is feeling a little more appreciated as a woman these days, and her new album, Havoc and Bright Lights, is a reflection of that. "(There's) the whole shifting of the misogynistic, chauvinistic, patriarchal thing into what this new climate is slowly becoming, which is the celebration of the alpha-empowered woman," she said of today's culture.

Her new outlook may also be due in part to her role as a mother: She and her husband, Soul Eye, had son, Ever, in December 2010, and the Grammy winner says that becoming a parent has been a "head and heart spinner" for her.

She spoke about this and more to The Associated Press.

You now have your own family. What has that experience meant to you?

I have a song (on the album) for my husband called Til You and it's the whole idea of how excited I am that I met someone who shares enough of the same values as me that we can do it together. I talk about my son and husband in the chorus and the verse is really about me saying I can't take care of my son if I don't take care of myself. I could get away with not taking care of myself as a bachelorette but as a mom I can't.

How did you learn that?

I learned it postpartum because there was no way I could do attachment parenting, breast feeding, nurture my marriage ... have the bandwidth to keep all that going without learning how to heal my own relationship with myself.

You're on social media, but are you addicted?

No, but it's inspiring. The challenge for me is to have an experience that isn't filtered through the mindset of, "Should I put this on my website, should I tweet this?" Can I just have an experience that is not tweeting?

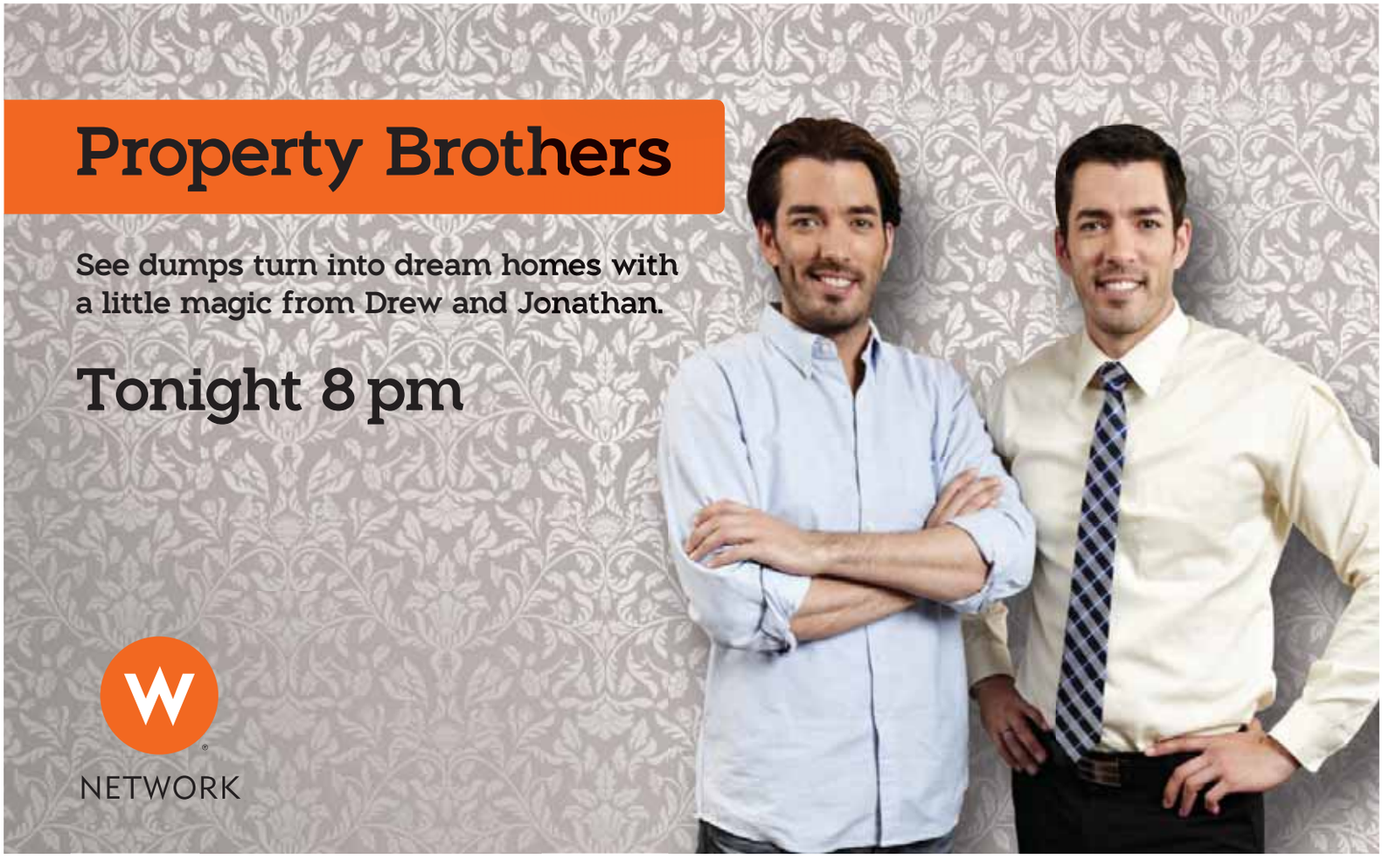
Isn't it interesting to think about where social media is now and wonder what things will be like for your son say, 15 years from now?

Yes, the challenge will be to foster connection. ... We went to a restaurant and you sat down and the table was a laptop that you touch (the) screen and you could shop while you order your food ... I thought, "This is the end of civilization as we know it." You go to this restaurant specifically when you have a lunch with someone you don't want to talk to (laughs).

What do you think when you see old videos of yourself from the Jagged Little Pill days?

I think, "She's cute — nice hair, she looks a little greasy" (laughs). She's like a little sister almost.

THE ASSOCIATED PRESS



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Klum's spurned ex won't keep lips 'sealed'

When photos surfaced of Heidi Klum vacationing with her bodyguard, Martin Kristen, in Italy over the weekend, it didn't quite look like anyone was on the clock. Klum's ex-husband, Seal, was more than happy to confirm the rumors.

"I would have preferred Heidi show a little bit more class and at least wait until we separated first before deciding to fornicate with the help, as it were," the singer told TMZ when asked for a comment on the photos, which show Kristen and Klum with their arms around each other.

"But I guess you now all have the answer that you've been looking for for the past seven months."

Usually, we'd feel gross still talking about a couple who separated almost eight months ago, but you'll remember that these two made us watch as they renewed their vows every year. Plus, they have "help" to "fornicate" with — they'll be OK.

Crowe gets a little coast guard help on kayak excursion

Russell Crowe got an assist from the U.S. Coast Guard while kayaking off the coast of Long Island over the weekend when nightfall forced Crowe and a pal to come ashore 15 kilometres east of where they'd set out, according to the Associated Press. "It wasn't really a rescue. Really, more of just giving someone a lift," says Coast Guard officer Robert Swieciki, who heard Crowe yelling around 10 p.m.

Twitter

@ParisHilton
Fun #GirlsNightOut at M2 in #Shanghai last night! #Models&Bottles ;)

@BetteMidler
Made @juliachilds clafoutis w/our own blueberries. Looks-3, taste 10. Ate it all. Rolling in my sleep.

@billmaher
Leaving Leno taping — still fun to do the Tonight Show after all those years; but will I watch it tonight? I never watch myself!

@BobNewhart
Performing standup is a narcotic that I need — even if I do it a few times a year. Traveling is inconvenient but worth it to make people laugh

Clint Eastwood THE CANADIAN PRESS

Obama's still a fan of Clint Eastwood after GOP convention ribbing

Pundits may be scratching their heads after Clint Eastwood's bizarre rant against President Barack Obama at the Republican National Convention, but the U.S. President himself isn't mad at the famous actor and director. "I am a huge Clint Eastwood fan," Obama told USA Today. "He is a great actor and an even better director. I think the last few movies that he's made have been terrific." And as for whether he found Eastwood's remarks offensive?

"One thing about being president or running for president — if you're easily offended, you should probably choose another profession," Obama says.

Kylie Minogue GETTY IMAGES

Kylie Minogue loves the glamour that comes with fame

Kylie Minogue has been at the pop star business for a while, but she's never gotten used to some of the trappings of fame — like limousines. "I find them embarrassing," she tells the Independent. "I'm like, 'Please don't send a limousine!'" Minogue admits that being famous has given her the chance to work out whatever glam desires she may have. "I love to have this glamorous life sometimes, and if I didn't have any of that, I would probably be dressing up a bit more each day or going out on the weekend and making a real effort. But I get to live out those fantasies on stage, in videos or photo shoots."

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New blog

Editor aims to lose half of herself

Metro Winnipeg Managing Editor Elisha Dacey.
BERNICE PONTNAILLA/METRO

Two hundred ninety-five.

Spelling it out makes it seem even worse. Either way, 295 is the scariest number I've ever written.

It's the number my little white scale flashed at me the last time I stepped on it. I think I heard it sigh in relief when I stepped off. Or, it could have been my knees creaking. Hard to tell.

When I pitched this idea to my boss, I never thought about the fact that this number was going to be out there. Across Canada. Across the Internet. The judgment that number sets me up for scares me.

Today, I aim to become less of myself. Because they make you pick a number, mine is 145 pounds – or, half the weight I am today.

My tools: An online subscription to WeightWatchers.ca after my doctor recommended it, a blog that will run twice a week on Metronews.ca, and my running shoes. Which have never been used for actual running and never will, because running sucks.

I will eat real food. I'm doing this the right way, because I don't ever want to do this again. Also, because I'd rather die than give up chocolate.

Join me, because if I, a workaholic mother and wife can do it, so can you.

ELISHA DACEY'S BLOG, HALF OFF, WILL RUN EVERY TUESDAY AND FRIDAY ON METRONEWS.CA.

Doctors are considering new methods of treating cancer in which each specific case is treated uniquely based on its characteristics. ISTOCK

Cancer care unequal around the globe

Research. World Congress considers unique treatment of each patient, and the state of global cancer research

CELIA MILNE
life@metronews.ca

Not all cancer care is created equal.

That was one of the resounding messages from last week's World Cancer Congress in Montreal, which brought together more than 2,000 cancer experts from around the globe.

"We have made great strides in cancer control," Canadian expert Dr. Elizabeth Eisenhauer told Metro. "But contrast this with places where people are dying of cancer without any pain medication."

Eisenhauer was one of the speakers at the Congress. She is the director of oncology at Queen's University and Kingston General Hospital, and co-chair of the Canadian Cancer Research Alliance.

Right now in cancer research, there is a lot of buzz about identifying groups of patients that will benefit from certain medications based on their pathology results. An example of this is in breast cancer, where about 20 to 25 per cent of patients qualify for cancer drug Herceptin because their cancer is HER-2 positive.

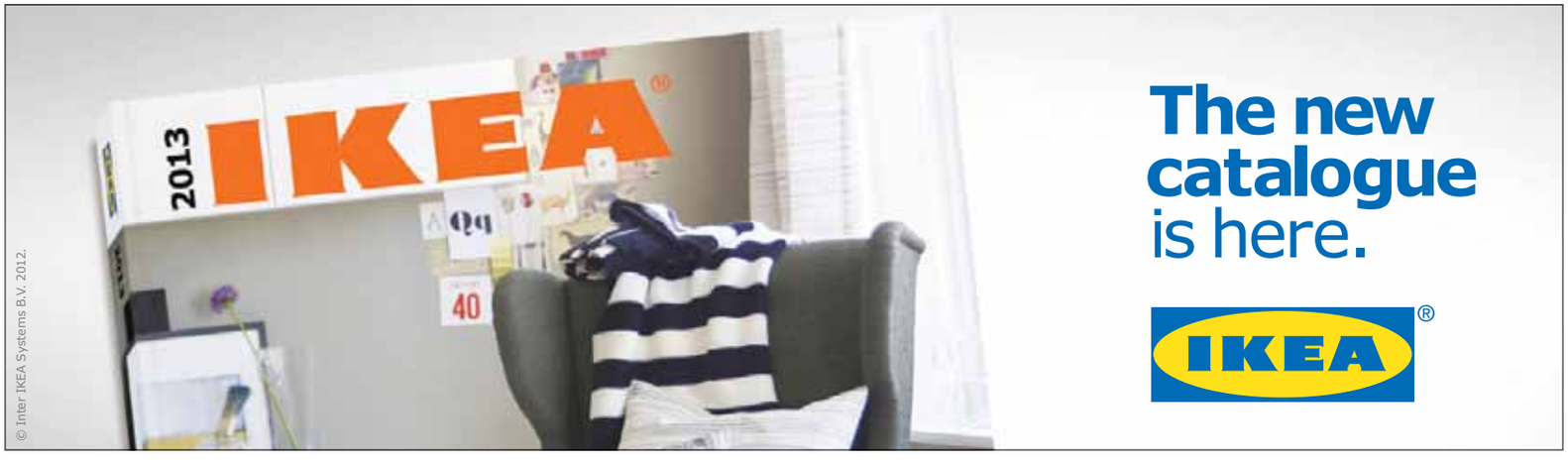
The next frontier — which Eisenhauer says is still a long way away — is to be able to treat each patient uniquely. So while cancer treatment is getting more precise, it's not yet personalized. "What people are getting excited about is taking the tumour and doing genetic sequencing and finding drugs for those five or 10 mutations that are unique to that individual," she says.

While wealthy countries reported great scientific progress, the news from poor countries was sobering.

"Even though there is lots to be done in cancer control in Canada, there is much more to be done globally. There is a lot of suffering that doesn't happen here."

On the Web

'Not without my iPad': Young tech-savvy docs want a real life, but don't call them slackers



Chicken shows cheesy side

ROSE REISMAN
for more, visit
rosereisman.com

I initially created this recipe for white fish. I then tried the delicious topping over a grain. Now I've found it works well with chicken. For the Chicken with Plum Tomatoes and Three Cheeses, use a variety of cheeses of your choice. But be sure to include some stronger-tasting ones.

This recipe serves six. RYAN SZULC FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 3/4 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 1/3 cups diced plum tomatoes
- 1/2 cup shredded havarti
- 1/4 cup crumbled goat cheese (about 1 oz)
- 2 tbsp grated Parmesan cheese
- 1/4 cup finely chopped black olives
- 1 tsp finely chopped garlic
- 1 tsp dried basil
- 3 tbsp chopped fresh parsley

1. Preheat oven to 425 F. Lightly coat a 9- x 13-inch casserole dish with cooking spray.

2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to a 2-inch thickness.

3. Beat egg and milk in shallow bowl. Place bread crumbs on a separate plate or shallow dish.

4. Lightly coat skillet with cooking spray add oil and place over medium-high heat. Dip each flattened chicken breast into the egg mix, then coat in bread crumbs. Cook 3 mins. per side or until browned and almost cooked through. Transfer to prepared casserole dish.

5. Combine tomatoes, havarti, goat and Parmesan cheeses, olives, garlic and dried basil in a bowl. Spoon over chicken breasts. Cover and bake 10 minutes or until cheese melts and chicken is done (has reached an internal temperature of 165 F). Garnish with fresh parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Tea-Coffee Smack down

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's in your hands right now? Are you sipping North America's morning sweetheart: coffee? Or a nice cup of the tea that most of the rest of the world enjoys?

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THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Give stir-fry big, bold taste of lemon grass

1. In small saucepan over medium-low heat, combine lemon grass, 1/4 cup of canola oil and the wine. Heat to low simmer, then set aside to cool to room temperature.

2. In spice grinder, combine peppercorns, salt, garlic powder, cumin and ginger. Grind until reduced to fine powder. Stir into the oil and lemon grass mixture, then transfer entire thing to large bowl. Add chicken, toss to coat, then refrigerate for at least 1 hour.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Two 4-inch pieces lemon grass, lightly crushed with a meat mallet or rolling pin
- 1/4 cup canola oil, plus 2 tbsp
- 1/2 cup white wine
- 1/2 tbsp whole peppercorns
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp dry ginger
- 3 boneless, skinless chicken breasts (about 1 1/2 pounds), cut into 1-inch chunks
- 3 cups broccoli florets
- 2 red bell peppers, cored and cut into strips
- 1 tbsp cornstarch
- 1/4 cup cool water
- Rice or egg noodles, to serve

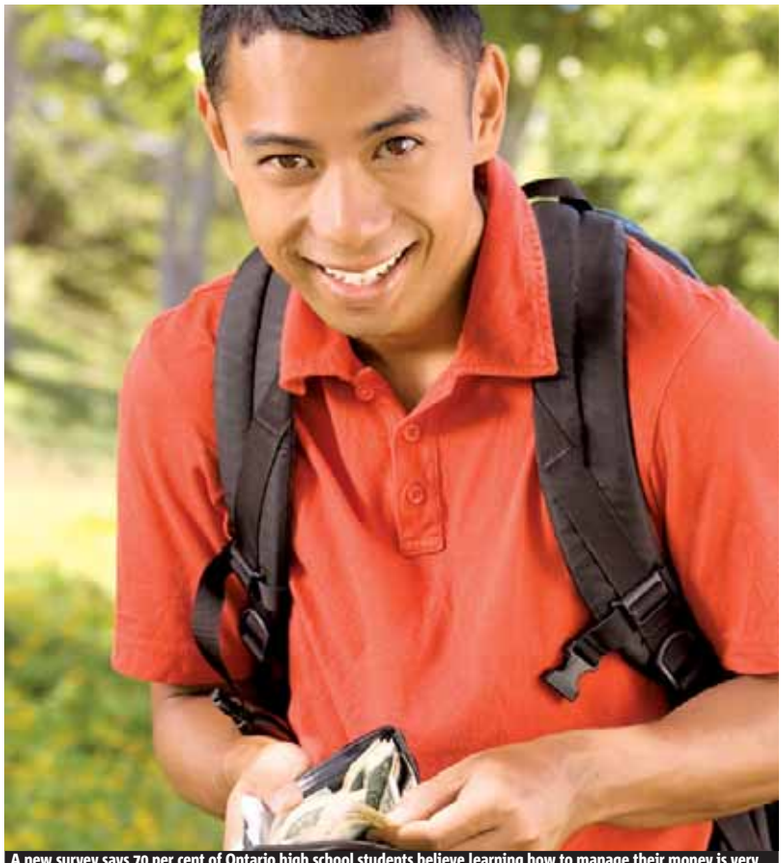
3. When ready to cook, heat wok or large, deep sauté pan over medium-high. Add remaining 2 tablespoons of canola oil and heat until nearly smoking. Add the broccoli and red peppers and sauté until just starting to brown, about 5 to 6 minutes. Use a slotted spoon to transfer the vegetables to a plate.

4. Discard lemon grass from chicken, then add chicken to pan, reserving marinade in the bowl. Cook until starting to brown, about 10 minutes.

5. Add marinade from bowl to wok and bring to a boil. Cook for 2 minutes.

6. In glass, mix cornstarch and water, then add to pan. Cook until sauce thickens, about another 2 minutes.

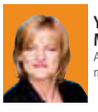
7. Return vegetables to pan and toss to coat. Season with salt and pepper. Serve over rice or noodles. THE ASSOCIATED PRES



A new survey says 70 per cent of Ontario high school students believe learning how to manage their money is very important. ISTOCK IMAGES

Is the next generation prepared to manage their finances?

Alison's Money Rule. The cure for a financially sick society is raising money-smart kids



YOUR MONEY
Alison Griffiths
money@metronews.ca

News flash! They care. They really care! I'm talking about teens and money. And no, it's not just about having it and spending it. Teens, as it turns out, are deeply interested in becoming financially literate. Perhaps the high school generation is learning by bad example.

Their parents and grandparents have managed to become the most indebted Canadians ever, owing $153 for every $100 of disposable income. This state of affairs is a leading cause of stress and stress doesn't make for happy families.

According to a new survey released by the non-profit Investor Education Fund (getsmarteraboutmoney.ca), 70 per cent of Ontario high school students believe that learning how to manage money is important or very important. And here's the key statistic, 69 per cent believe that personal finance should be taught in schools, a 12 per cent jump from 2009.

Teaching personal finance as a distinct course of study from elementary through to high school is critical. In fact, I think the future health of Canada depends on it as financial lives become ever more complex.

We're on the verge of transition to an e-pay society, which widens the distance between our money and us, just as credit and debit cards did when introduced in the 1950s and 1970s respectively.

Financial contracts are complicated, investment jargon buffaloes most people and pension options will only get more difficult to understand as corporations and governments retreat from the defined benefit pension plans of the boomer generation.

In numbers

25%

Only 25% of students say their school provides them with most of the personal finance lessons they need.

In other words, as the 21st century matures our teens will have to get it right. But they feel they lack the tools. Only 40 per cent of high school students believe they're prepared to manage their finances after graduation.

And it is deeply concerning that 70 per cent of them aren't saving for post-secondary studies. Parents may not be able to change the curriculum in schools tomorrow but inspirefinanciallearning.ca has some great lesson plans for grade four through 12, which can be adapted at home.

Take your teens in hand financially; they will thank you for it.

Valuable lessons from divorcees

Reading. You Can Be Right or You Can Be Married offers a look at some people who've had their marriages fall apart

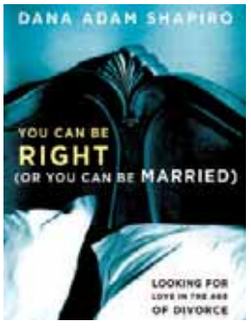
HEIDI PATALANO
Metro New York

The Dana Adam Shapiro of a few years ago would not have ordered a steak while out on a first date with a vegetarian.

But after spending years interviewing divorcees for his new book You Can Be Right or You Can Be Married (on sale Tuesday), the Shapiro who ordered the juicy slab of meat was a changed man.

"That was a very tangible effect of the book," he admits. "So much of the dating process is theatrical. ... You're sort of auditioning, and when you're doing so you're not really being yourself. ... The inevitability is that your real self is going to come through, so you better do it sooner rather than later."

This is just one of the lessons the author took away in the writing of his book. He interviewed dozens of anonymous divorcees who offered unvarnished accounts of their own heartbreak. From there, he extracted a few near-universal truths that



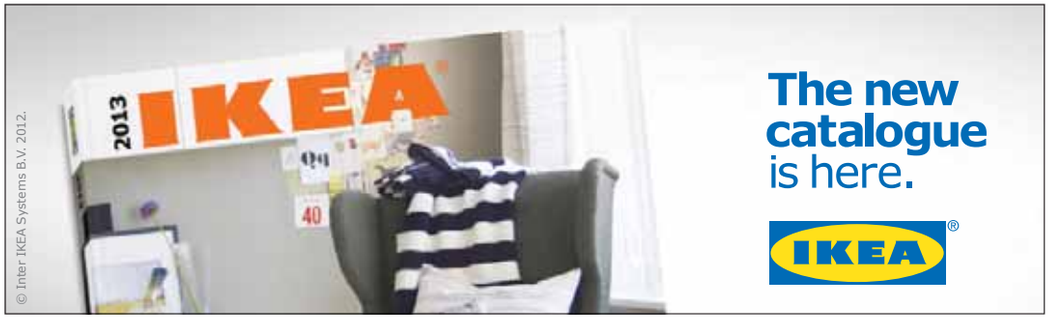
he offers to Metro readers:

1. Cheating happens because of complacency: "(Divorce happens when) people aren't putting that effort in any more," Shapiro observes. "That's probably the worst thing you can do. You really do just have to re-earn it all the time."

2. We often expect problems to solve themselves: "One woman said to me, 'A man marries a woman hoping that she won't change and a woman marries a man hoping he will change and he doesn't,'" Shapiro says. "We bury a lot of the problems in the hopes that they'll just get better."

3. There is such a thing as compromising too much: "I think a lot of people try to be the ideal spouse, but sometimes it's at their own expense," he adds. "You wake up 10 years later thinking, 'I'm not me anymore.'"

Author Dana Adam Shapiro. HANDOUT



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Money lessons. Learn good habits

JANE DOUCET
For Metro

Whether you are a student heading to college or university for the first time or beginning your graduating year, you may be overwhelmed by the fees that quickly add up, including those for tuition, books, residence and meal plan (or apartment rent, groceries and utilities) and transportation.

It's important to keep in mind that those costs must come before any cash you want to spend on such miscellaneous fun items as movies, concerts, pub crawls and clothes. The experts say this is an important time for young adults to take responsibility for their spending habits.

"You have to learn to manage your money yourself, even if your parents are helping you financially," says Sandra Daga, a chartered accountant and a professor in the management department of the University of Toronto's Scarborough campus. "It will help you learn to manage your money when you start working after you graduate."

Daga offers these tips to help students stretch their savings during the school year:

Dollars and sense

"You have to learn to manage your money yourself, even if your parents are helping you financially."

Sandra Daga, a chartered accountant and a professor in the management department of the University of Toronto

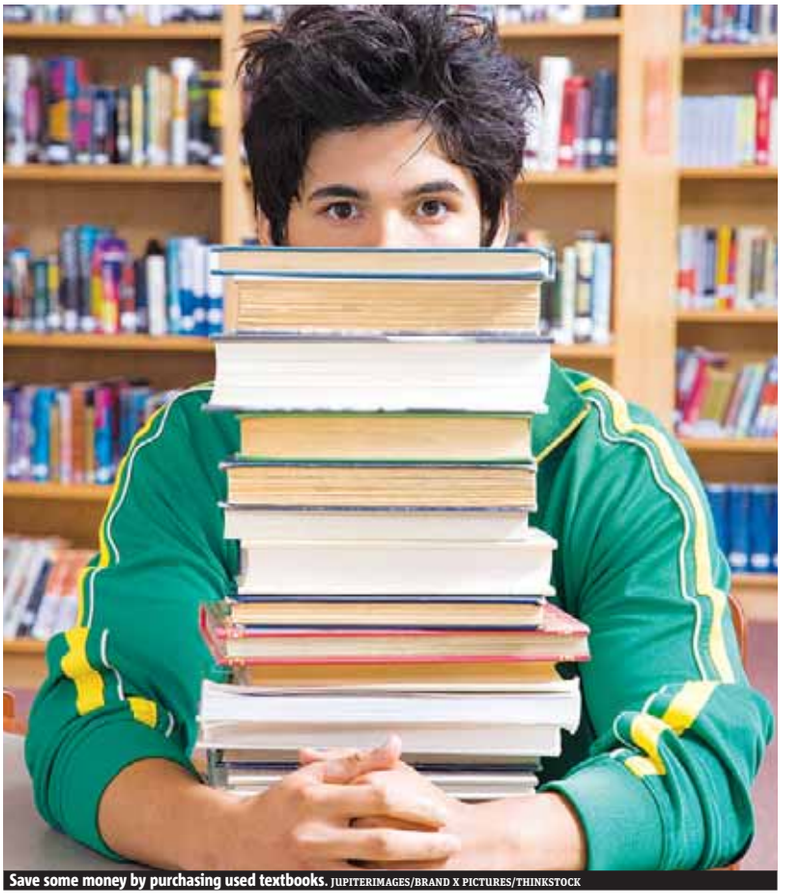
Ditch your wheels. Cars are expensive to maintain. Even if yours is paid for, there is the cost of gas, insurance and repairs. Plus, if you are in an accident, the insurance premiums may rise. "If you can, go car-free," says Daga. "If you live off campus, you can rent an apartment within walking distance or take public transit."

Share an apartment with friends. This is often cheaper per person than living in residence. If you prefer a quieter environment, many homeowners rent small basement apartments or a room in their house to help pay their mortgage. If the house is within walking distance of your school, you will save even more money.

Don't pay for new textbooks. You can buy them used, check them out of libraries, find out if you can rent them from your campus bookstore or visit such online-rental sites as Bigmama.ca.

Look for student discounts. Since you will want to have some fun while you are studying, scout around for student discounts on movies, concerts and museums. If you want to drop by the pub, find out when happy hour is, when drinks will be cheaper.

Create a spending plan. "Set up a plan for how you're going to spend money during the months that you're in school," says Daga. "Then do your best to stick to it so you're not broke at the end of first semester."



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CFL

Waters calm in kicking Argonauts to late victory

Swayze Waters' 33-yard field goal with 26 seconds left earned the Toronto Argonauts a wild 33-30 win over the Tiger-Cats on Monday in the final Labour Day contest at Ivor Wynne Stadium in Hamilton, Ont.

Ricky Ray marched the Argos 51 yards on seven plays to the Hamilton 27-yard line with just over two minutes remaining, setting up Waters' game-winning boot, to the dismay of the sun-drenched gathering of 31,032.

Toronto receiver Chad Owens amassed a club-record 402 combined yards to help Toronto rally for the win.

THE CANADIAN PRESS

Argos receiver Chad Owens
THE CANADIAN PRESS

CFL

Glenn, Taylor grab win for Stamps vs. rival Edmonton

Larry Taylor caught a seven-yard touchdown pass from Kevin Glenn with 63 seconds remaining as the Calgary Stampeders edged the Edmonton Eskimos 31-30 in the annual Labour Day clash Monday.

Rookies Bo Levi Mitchell and Matt Walter had rushing TDs for the Stampeders (5-4), who had lost their previous two home games.

THE CANADIAN PRESS

Murray runs Milos out of New York

Tennis. Olympic champion's return game proves too much for top Canadian to handle at U.S. Open

Andy Murray, left, is congratulated by Milos Raonic on Monday night in New York. MATTHEW STOCKMAN/GETTY IMAGES

Milos Raonic's best just wasn't good enough against Olympic champion Andy Murray.

The native of Thornhill, Ont., lost to Murray 6-4, 6-4, 6-2 on Monday in the fourth round of the U.S. Open.

"It was a tough match, he was just too good," said Raonic. "I was never comfortable and he played extremely well. This was a big loss. I really gave everything out there and I've never felt such a defeat."

Murray, still seeking his first Grand Slam title, reached the quarter-finals at an eighth consecutive major tournament by beating the 15th-seeded Raonic.

Raonic was trying to become the first Canadian man in a Grand Slam quarter-final in the Open era, which began in 1968.

Canadian women remain the only players to have gone to the last eight in a Grand Slam, most recently through Patricia Hy-Boulais at the 1992 U.S. Open.

Raonic reached this stage at a major for the second time after getting to the last 16 from a qualifying start at the Australian Open last year.

"This was my eighth Grand Slam and I'm pretty new to this," said Raonic. "I've only played here twice. Sometimes I get frustrated with myself."

Raonic stands 1-7 against top-five opponents, with his only win coming against Murray on clay in Barcelona last spring.

"I need to improve a lot of things in my game if I'm going to compete with guys at the top level," said Raonic. "But I also want to learn as much as I can. Every experience at this level is a new one. I have to deal with them the best I can."

Despite his disappointment, Raonic will rise to an ATP ranking of around 14th next Monday.

Raonic never got a break point on Murray's serve and managed only 14 aces — about half his average at the event in the first three rounds. He lost his own serve four times in a disappointing evening.

"I felt like I was doing it well most of the time, except maybe a few shots I didn't go for as much in the beginning just because I didn't know how to really read it," said Raonic.

THE CANADIAN PRESS

By the numbers

3rd

Milos Raonic is the third Canadian to reach the round of 16 at a Grand Slam in the Open era, after Montreal's Martin Laurendeau at the U.S. Open and Toronto's Daniel Nestor at Wimbledon in 1999.

Jays have no answer for O's Saunders

Jays first baseman Edwin Encarnacion applies a tag to Baltimore's Manny Machado on a pickoff from catcher Jeff Mathis in Toronto on Monday.
CARLOS OSORIO/TORSTAR NEWS SERVICE

Toronto starter J.A. Happ said he tried not to concern himself about what pitching counterpart Joe Saunders was doing on the mound.

That proved impossible, as Saunders put in a dominating performance. He went five innings without allowing a base runner and surrendered just three hits as the Baltimore Orioles blanked the Blue Jays 4-0 Monday in Toronto.

"You try not to think about it but when you're out there you kind of know," Happ said. "You just want to give us the best chance you can but sometimes you try to do a little too much and be a little too fine. But I tried to stay aggressive."

Monday's game

Orioles	Blue Jays
4	0

Saunders' perfect-game bid ended with two out in the sixth inning when Adeiny Hechavarria singled to centre. By then the Orioles had control of the game.

"You try to keep making pitches, you try not to think about it out there," Saunders said. "I just hung a changeup to the nine-hole hitter."

Saunders (7-11) held the Blue Jays to three hits and two walks in 6 1/3 innings in his second start for the Orioles since they traded right-hander Matt Lindstrom to Arizona for him on Aug. 26.

He lost his first start for the Orioles 8-1 to the Chicago White Sox on Aug. 29, allowing 10 hits and seven runs.

THE CANADIAN PRESS

4 SPORTS

Mobile sports

With the regular season beginning on Wednesday, NFL officials are still locked out in a labour dispute. Using replacement referees for the pre-season resulted in some embarrassing gaffes and the NFL has to be hoping they can continue to learn on the job. Scan the code for the story.

Horoscopes

♈ Aries
March 21 - April 20
Deal curtly with people who annoy you today. That is not an invitation to be rude but there is no law that says you have to be nice to everyone you meet, especially those who waste your time on trivial matters.

♉ Taurus
April 21 - May 21
You must stay on top of your workload, because if you let things slide you will find it hard to catch up again later on. If you can't do it all yourself then delegate more. Trust others to do a good job.

♊ Gemini
May 22 - June 21
Your efforts, both at home and at work, will pay off eventually but why does it take so long? Actually it doesn't. It's just that being a Gemini you tend to be impatient. Relax — it's all going according to plan.

♋ Cancer
June 22 - July 23
You are taking certain issues too seriously and need to realize that you are not the one to blame for someone else's problems. See to your own needs today. Focus only on what matters to you personally.

♌ Leo
July 24 - Aug. 23
Something will strike you as funny today but if you laugh too loud or too long others might get the impression that you are laughing at them. The best jokes are those during which you can all laugh together.

♍ Virgo
Aug. 24 - Sept. 23
Resist the temptation to get involved with a plan or project you really don't know that much about. Before the day is over you could be out of your depth and swimming in shark-infested waters!

♎ Libra
Sept. 24 - Oct. 23
A disagreement of some kind is likely but it will be over as quickly as it started, so don't take it too seriously. This may even be one of those situations where a bit of strife brings you closer together.

♏ Scorpio
Oct. 24 - Nov. 22
You are expecting far too much of yourself, which is an invitation to disappointment. You have absolutely nothing to prove, to yourself or to other people, so aim a bit lower and enjoy life a bit more.

♐ Sagittarius
Nov. 23 - Dec. 21
Everyone is born with a special talent and everyone has a destiny to fulfill. Once you realize that, you will be less likely to compare yourself to other people. Focus on your life's goal. You know what it is.

♑ Capricorn
Dec. 22 - Jan. 20
The planets will bring your leadership qualities to the forefront today and you will find that others rely on you to make the right decisions. Don't turn your back on them: They need you and you need them.

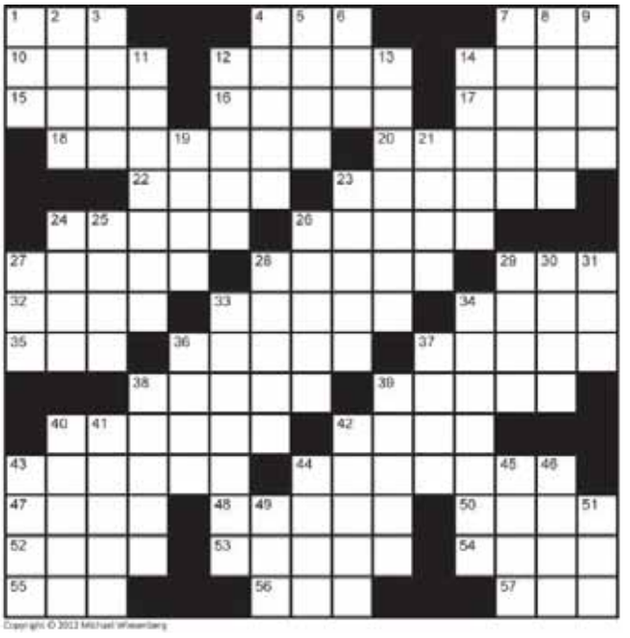
♒ Aquarius
Jan. 21 - Feb. 19
There are no barriers. There are no limits. Your life will always be what you want it to be. If you desire something enough, you will find a way to get it. It may take a little time but nothing is impossible.

♓ Pisces
Feb. 20 - March 20
At some stage today you will realize that most of the things you have been fearful about are not worth the time and the energy. Once you get over them, the sense of freedom you feel will be life changing.

SALLY BROMPTON

Crossword: Bits and Pieces

BY MICHAEL WIESENBERG



Across
1. Place to drink
4. ___ Beta Kappa
7. Ocean
10. Operatic solo
12. Insurance adjuster's investigation
14. Big moisturizing products name
15. Red ___: Alberta's third-most-populous city
16. Sound on a tuner
17. Bouquet holder
18. Canada's fourth-largest province
20. Beirut-born Canadian star of *The Matrix* series Keanu
22. Another word for margarine
23. Core groups of trained personnel
24. Elliott of *Ocean's 11, 12, 13*
26. Geometric functions
27. Mike ___: Scarborough, Ontario-born *Saturday Night Live* alumnus
28. Papal language
29. Many a CEO's deg.
32. Center of the eye
33. Stories
34. Ancient France
35. "You've Got Mail!" ISP
36. Tiny bits, from a Greek letter
37. Consume noisily, as soup
38. "No Right Turn ___" (2 wds.)
39. Windsor, Ontario-born singer Shania
40. Bay surrounded by Nunavut, Manitoba, Ontario, Québec
42. Bric-a-___: knickknacks
43. Largest monkey
44. Fries, cheese, and gravy dish
47. Not worth ___ (2 wds.)
48. 1,000 kg
50. "Electric" fishes
52. Have a primary role
53. How the hair of frightened comic book characters stands (2 wds.)
54. Valentine gift
55. Fri. follower
56. Wed. preceder
57. ___ Brunswick

Down
1. Evil
2. Specialty (in education, say)
3. A founder of Manitoba, and a political and spiritual leader of the Métis people
4. A dwarf planet, now
5. "Humpty Dumpty ___ great fall" (2 wds.)
6. 3 on a sundial
7. NWT's Great ___ Lake
8. Lets up
9. Affirmative votes
11. Leafy shelters
12. Gave a hoot
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Surpluses
19. House wings
21. Utopia
23. Gives a ticket
24. Greek deli specialty
25. Trompe l'___: fool-the-eye art
26. Greens
27. ___ Farrow: Woody Allen's ex
28. Grow dark
29. A Hawaiian island
30. Be in the sun too long
31. Jungfrau or Matterhorn, e.g.
33. Home of the Argonauts
34. Yukon mountain sight
36. Not ___ many words (2 wds.)
37. Attack mosquitoes
38. Smell
39. Brought into alignment
40. "___ la vista, baby!": Schwarzenegger
41. German sub
42. "___ nuit": "Good night"
43. Low voice
44. Tire: Fr.
45. ___ sign: advertising medium
46. Other
49. Québec neighbour: abbr.
51. Use needle and thread

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7				1		3	9	
	4		6	8		7		
					5			
	7	9				2		5
1								6
6		2				4	1	
			1					
		7		9	4		8	
	1	8		3				4

Friday's Sudoku

Today 22°/15° Sunny
Wednesday 22°/15° Sunny
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